

THE VEEDEE —AND— HOW TO USE IT.

For
CURATIVE VIBRATION,
VIBRATORY MASSAGE,
NERVE STIMULATION,
and
BLOOD CIRCULATING,

in various complaints, etc., with
Special Chapters, relating to
its use for the
TOILET.



J. E. GARRATT,
88 SOUTHWAKE STREET, LONDON, S.E.

PRICE SIXPENCE.



USING THE VEEDEE FOR RHEUMATISM AND GOUT.

THE VEEDEE is a small hand-power machine, weighing about 20-ozs. It is made of the finest steel, and is beautifully plated in nickel or silver throughout. It is held in one hand and the small crank handle is turned with the other. A plate fixed rigidly to the framework is applied to any part of the body. By turning the crank an adjustable, eccentric fly-wheel is set in rapid revolution at the end of the machine. One turn of the crank makes the fly-wheel revolve 50 times. Thus a speed of 8,000 revolutions per minute can be generated if desired. These revolutions of the eccentric fly-wheel cause the framework of the machine to vibrate, and in turn these vibrations are transmitted to the body.

In one week alone 147 Veedees were sold to MEDICAL MEN.

WHO USES IT?

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ALSO
Her Majesty the Queen of Spain,
Her Majesty the Queen of Portugal,
His Majesty the King of Bulgaria,
and Members of
Most other Foreign Royal Houses.**

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THE VEEDEE

AND HOW TO USE IT

FOR

VARIOUS COMPLAINTS.

ETC.,

WITH SPECIAL CHAPTERS RELATING TO
ITS USES FOR THE TOILET.

(SEE PAGE 37).

For Index see page 48.

—
London:

J. E. GARRATT, 96, SOUTHWARK STREET, S.E.

THE VEEDEE

IN BRIEF.

WHAT IT IS.—See inside front cover and page 5.

WHAT IT DOES.—

1. It instantly stops pain (see page 7).
2. It is the best, quickest and most natural cure yet discovered for such **congestion-produced troubles as**

RHEUMATISM	GOUT	CONSTIPATION
TUMOURS	ABCESSES	BOILS
LUMBAGO	SWOLLEN GLANDS	
3. And for such **organic or functional troubles as**—

INDIGESTION	LIVER TROUBLES	KIDNEY TROUBLES
EYE WEAKNESS	DEAFNESS	LUNG TROUBLES
ASTHMA	COLIC AND OTHER	BOWEL TROUBLES
INFLUENZA AND HEAD COLD		
FEMALE TROUBLES AND OBSTRUCTIONS		
4. Also for such **Nerve Troubles as**—

SCIATICA	NEURALGIA	PARALYSIS
INSOMNIA	HYSTERIA	
GENERAL DEBILITY AND LOSS OF POWER		

It is also invaluable for—

STIFF OR CONTRACTED LIMBS, JOINTS OR MUSCLES.

5. It possesses highly valuable Toilet uses (see page 37).

HOW AND WHY THE VEEDEE CURES THE ABOVE.

The natural **cure** of any bodily ill is in the opposite to its **cause**. Nearly every bodily trouble is due to one of two causes—(a) Congestion, (b) Nerve Inactivity, i.e., Sluggish Circulation or Sluggish Nerve. **Congestion-caused Diseases** (No. 2 above).—The very essence of Veedee Vibration is movement. The Veedee sends through the congested area or limb a delightful tingling stream of vibration, or concentrated movement—the very stuff that life itself is made of—immensely increasing the blood-circulation and so dispersing the congested symptoms which are named Rheumatism, Gout, Lumbago, etc., according to their locality in the body. That is how and why the Veedee cures Congestion-produced Diseases.

Now a word as to

Organic, Functional and Nerve Troubles

(Nos. 2, 3 and 4 above). Each organ of the body is controlled and operated by its own particular governing nerve. Take for instance the stomach which in all its work is controlled by the stomach (Pneumo-Gastric) nerve. All these governing nerves, of course, start from their proper centres in the spine. If a governing nerve is sluggish, so is the organ it controls, e.g., if the stomach nerve is sluggish you have indigestion. Now the most wonderful property of Veedee Vibration is that when applied to the spine it awakens the sluggish nerve and so brings back healthy activity in the particular organ, e.g., cures the indigestion. The same is true for every organ or part of the body. See marked paragraph, page 8. It is for the above natural reasons that the Veedee cures and in fact, if used as the directions on the following pages can hardly ever fail to cure.

GENERAL USE.

IN response to numerous enquiries from Veedee users, we have collected together in this little volume the sum total of our experiences in the use of the Veedee. In the past it has been our custom to publish the instructions for the use of the Veedee in specific cases on separate sheets ; but with the spreading interest evinced in the wonderful results obtained by means of the Veedee, we have thought it advisable to publish a more comprehensive work, believing that it will not only be appreciated, but will add much to the Veedee's value, by creating new opportunities for its use. Its purpose is to provide, under one cover, a fairly complete resumé of Veedee treatment for the more common and important ailments afflicting mankind, avoiding in its language, as much as possible, technical expressions and a too learned scientific nomenclature.

Important and far-reaching claims are made on behalf of the Veedee,

and one of the objects of this book is to show how far these claims are substantiated—not by ourselves, but by Men and Women who, from their high social position, have at command all the resources of the best medical skill and knowledge in the world. A glance through "**Who Uses It ?**" (see inside front and back cover) will show that the Veedee is used by the most distinguished people in England, who strongly recommend the instrument to others for the alleviation of pain and cure of disease. It is used by most of the leading Hospitals in England, America, Germany, France, etc., and has been incorporated into their practice by thousands of Medical Men. Statements by them respecting the power of Curative Vibration and the use of the Veedee as the best and most effective means of producing it will be found on the following pages.

From an experience of nearly twenty-five years, during which time it has been our business to watch the effect of new curative methods, and the introduction of new drugs and medicinal preparations to the British public, we are able to state that it is our firm belief that, although others before us have printed testimonials, never before did any remedial article, instrument, or medicine receive anything like the stream of convincing testimony as that which flows in by every post to the unique value of the Veedee. It is not only the **number** but the **quality** of these testimonials that is so impressive. The greater number of them are from people of the very highest social and intellectual standing, members of the Aristocracy, Society leaders, Church dignitaries, Ministers, well-known Professional people, business men, etc., etc.

Considerations of professional etiquette alone prevent us from publishing the names of hundreds of users of the Veedee among medical men, but original letters from Doctors of high standing in the profession may be seen at our offices by any registered medical man. A number of high-class Chemists also bear testimony to the value of the Veedee. Personal statements from these two classes of the community have naturally an added value, since all the conditions surrounding the giving of such testimonials are so very different from where they come from members of the general public. The extracts from letters printed in this little book shew in the clearest possible manner that the Veedee will do all and more even than we ourselves have claimed for it as an Instrument for the *effective administration of Curative Vibration*. Hardly a day passes but what some new development for the use of the Veedee is found by Medical Men in their constant fight against the ravages of Pain and Disease, which discoveries we are able to adopt and offer in due course to the public for their personal application in the alleviation of human suffering.

Not only do the writers give their personal recommendation, but they have in very many cases assured us that they will strongly recommend the Veedee to their friends; and moreover that they will reply by post to any enquiries made by would-be users of the Veedee. (Stamped addressed envelope should always be enclosed). Nothing but a very strong conviction of the value to humanity of the Veedee would induce these busy men and women to put themselves to this trouble, for which we here tender them our heartiest thanks.

Pain, suffering, and disease are, of course, to be found in every class and walk of life, and we are glad beyond measure to find that while the Veedee has been of great benefit to the highest families of the land, from the Royal Family downwards, it has also been the means of alleviating suffering and brightening the lives of many humble workers.

Unlike drugs, the indiscriminate use of which may be attended with considerable danger, it is impossible for the slightest harm to be done to any case by the use of the Veedee under the printed directions contained in this book. It is extremely gentle in its actions, and most soothing and refreshing in its effect, even when used only as a general tonic and invigorator.

The most striking thing, perhaps, about the Veedee is its power of **instantly stopping pain**, and this subject is dealt with fully on pages 7 and 8.

Moreover, the Veedee gives, in a scientific and complete manner, the equivalent of **Massage**, or **rubbing**, which is a child's first instinctive act when he feels pain.

Everyone is familiar with that simple and natural action of a child—the rubbing of a painful spot or part. Instinctively following the law of Nature, which tells him to increase the blood circulation in the ailing part, he **rubs the spot where the pain is**.

This natural action should, in itself, point us toward Nature's method of cure. That it has done so to a limited extent is shewn in the increasing practice of Vibratory Massage, which is becoming more exact and scientific every year.

The Veedee has two great advantages over all other curative methods—(1) that it permits being applied **directly over the seat of the pain**, and (2) that its use involves practically no exertion.

The secret of the overwhelming success that has attended the Veedee, is that it gives perfectly controlled and adjustable Vibration. Dr. Mortimer Granville, author of "Nerve Vibration and Excitation," laid down the **TWO ESSENTIAL CONDITIONS OF A CURATIVE VIBRATOR**. He said it must be:—

- (a) **ADJUSTABLE**, i.e., exactly changeable from one strength of vibration or stroke to another (as secured by the Veedee adjustable eccentric head), and
- (b) **CONTINUOUS**, i.e., the flow of vibration administered must be continued exactly as long, without the slightest break or interruption, as the operator finds it necessary.

The Veedee is the first and only hand driven Vibrator which fulfils these conditions.

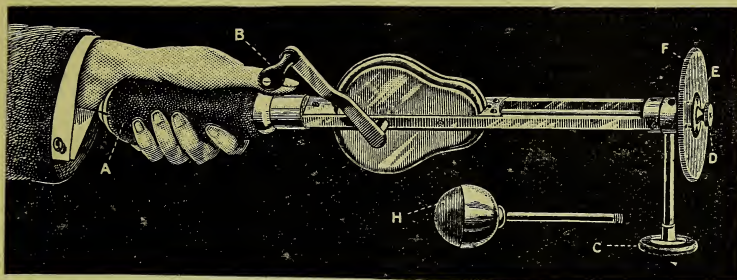
It will be noticed that many of the letters refer to the fact that more than one trouble has been set right by the use of the Veedee. This shews how wide a range of usefulness the machine has, and incidentally reveals the fact, that (considering the field it covers, and that it will last practically a lifetime) it forms the least expensive of medical treatments, and is infinitely superior in this, as in so many respects, to any form of hand massage, which it has entirely superseded.

IMPORTANT NOTICE.

For the very reason that the Veedee performs so perfectly its allotted task of curing disease by vibratory stimulation, it must never be applied directly to any part where there is severe or chronic inflammation, as for example to varicose veins or to blood clots, except under medical advice. Under such skilled direction incalculable benefit may be derived—the treatment being directed to the stimulation of contiguous lymphatics, the precise locality of which will be indicated by the Medical Man.

A—Main handle. B—Crank handle. C—Body plate. D—Nut.
E—Washer Grip. F—Fly wheel. H—Cup-and-Ball Attachment.

Fig. 1.



THE VEEDEE.

NOT Electric. Nothing to Re-charge. Simple. Durable.

GENERAL DIRECTIONS.

THE amount of good you can get out of using the "Veedee" is measured and limited practically by the care you take in properly understanding and using it. It is really very much simpler than winding and setting a clock or watch, if you carefully read and carry out the following simple directions.

When the "Veedee" is delivered to you it is all ready for business. Take it from its wrappings and hold the large handle (A) in the left hand.

Now screw into place the attachment (c) as shown above. Grip the crank handle (B) lightly with the thumb and first finger of the right hand. Then rest the plate (c) on some yielding substance, like a sofa or upholstered chair, and turn the crank, slowly at first, gradually increasing the speed until the crank handle (B) is turning about once in two seconds.

Now practise turning the crank at various speeds for about five minutes, at the end of which time you will have become accustomed to the machine and will have fairly good control over it. You had better not try to use the machine on yourself or anyone else until you have done this, for the good effect is considerably neutralised if you do not have perfect control in holding the body plate (c), (or the corresponding part of whichever attachment you are using), where you want it, and in regulating the speed.

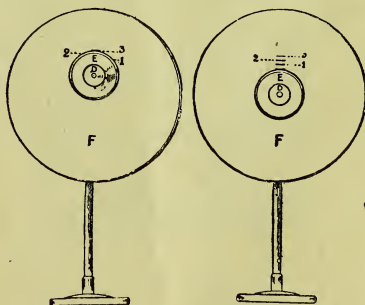
An Important Point.

Some people complain that the left hand and fore-arm become tired. That is solely because they grip the machine too tightly, just like the beginner grips the handle-bar of a bicycle in learning to ride. It is *not necessary* to try to bear down with the machine on the body of the patient. All you have to do with the left hand is to simply guide and hold the machine steadily, so as to keep the plate (c) where you want it. Remember, again *don't bear on* with the left hand—it is not necessary.

Adjustment for Lighter or Heavier Vibrations.

Fig. 2.

Fig. 3.



These illustrations show the fly-wheel adjusted, on the right for the least possible vibration, on the left at 3 on the disc, for the heaviest possible vibration.

These are taken looking straight at the fly-wheel end of the "Veedee."

GENERAL DIRECTIONS.—Continued.

You may vary the force of the vibration at will by adjusting the fly-wheel (F), Figs. 2 and 3. You will notice a scale stamped on this wheel. The edge of the small disc (E) touches this scale and acts as an indicator. To change the vibration, loosen the nut (D) and slightly shift the fly-wheel (F). You will see that the edge of (E) then moves over the scale. When it has reached the point desired, hold it there and screw down the nut (D) very firmly with your fingers.

When the scale is completely covered by the disc (E), as Fig. 2 above, you will get a heavy, coarse vibration. Between the two extremes any degree of vibration may be obtained.

A good vibration for general body treatment is obtained by setting the machine at 1 or $1\frac{1}{2}$ on the fly-wheel index. You can only tell by experimenting what degree of vibration is most pleasant and efficient for your particular purpose.

When the wheel is set at No. 3, or full vibration, the crank should be turned slowly and steadily. For most purposes the medium vibrations, $1\frac{1}{2}$ to 2, will be found most satisfactory. No. 3 is not so often needed.

Starting and Stopping.

Always start the "Veedee" slowly, making a half dozen turns to work up to the speed desired. Do not start with a quick push or jerk, as you might thus injure the mechanism. To stop the machine clap your hand lightly over the fly-wheel itself, or press the fly-wheel against some yielding substance. No matter how high the speed it is easily stopped.

Self Treatment.

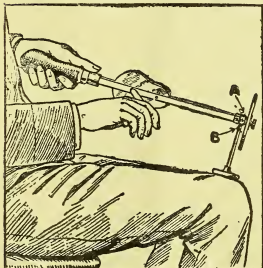
It is very easy to use the "Veedee" on your own body everywhere except on your back. Even this is practicable after a few trials. However, the services of a friend, servant or member of the family are usually easily secured for a few minutes at any time if desired.

Treating Others.

A thorough vibratory treatment on the back cannot be given by the patient himself so well as another. You should instruct him to lie flat upon a bed or sofa, face downwards, with all muscles relaxed (i.e., not resisting, but giving himself up to receiving the vibration). Then, standing beside him, you can run the plate all over his back or hold it at any point desired.

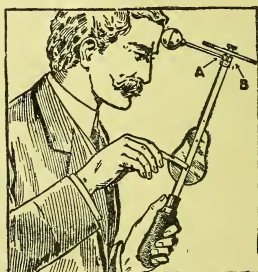
Fixing the Attachments.

Fig. 4.



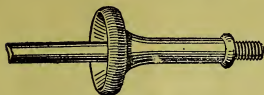
Three holes will be found in the neck of the "Veedee". This enables you to hold the main handle with the left hand and turn the crank with the right hand whilst working on any part of the body, thus:—If you are vibrating

Fig. 5.



say, the legs, you fix the attachment as in Fig. 4. If you now want to vibrate, say, the head, you just screw out the attachment, and screw it into the opposite hole (Fig. 5).

How to use the ADJUSTING CONE.



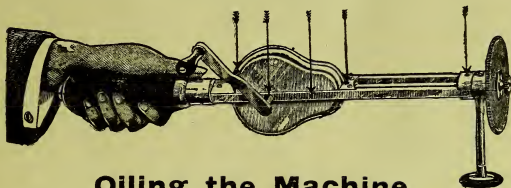
Stem of Attachment.

This Adjusting Cone acts as a set screw for fixing the No. 24 attachment to the "Veedee." It serves the same purpose for the other cross-piece attachments shown on pricelist, viz., Nos. 3, 14, 16, 18 and 22.

First screw the Adjusting Cone right up the stem of the Attachment (as in illustration) as far as it will go *without forcing*.

Now screw the Attachment to the Veedee as far as it will go *with ease*, then unscrew it a part of one turn (a little further back than the exact position you wish it to finally take), and hold it firmly while you screw down the Adjusting Cone until it presses on the Veedee quite firmly.

Then if you screw up the Attachment to the position you want it to take, it will become firm and remain so sufficiently long for any ordinary treatment, notwithstanding the loosening effect of the vibration of the Veedee.



Oiling the Machine.

Apply Oil to Holes shown by Arrow Points.

The "Veedee," like any other machine needs oiling occasionally if it is to last. The gear case should, however, never be removed. If it goes wrong, please send it back to us to be repaired. When the bearings indicated by the arrows seem dry, put on a tiny drop of oil, and the same with the corresponding bearings on the

opposite side of the machine. Put a drain of oil also into the holes that you will find in the head of machine, and at top and bottom of gear-case (also indicated by arrows). Your "Veedee" will then last you for years.

Be sure not to over-oil it, or the oil will drain out and soil your clothing.

Important Notice.

In some countries the "Veedee" is known as the "Venivici" but in every respect excepting the name, the "Veedee" and the "Venivici" are identical.

Veedee Repairs.

We request the owners of Veedees to note that, if properly handled as you would handle a watch, the Veedee will last for years without needing repair. If, however, through any accident or misuse, or general wear and tear, a repair becomes necessary, owners of machines will find it very much better to send the machine direct to us for such repairing, rather than get it done locally.

TO STOP PAIN.

The most sensational and popular attribute of the "Veedee" is that it can *instantly stop* nearly every kind of pain. The medical man and the deeper thinker, knowing that pain is only a *symptom*, are not satisfied to stop at that. They aim at the removal of the cause, *i.e., a cure*. The "Veedee" can do *that* too, but that is another story. To the *sufferer*, though, who is enduring the excruciating pangs of neuralgia, the twinges of rheumatism, gout, of sciatica, of colic, of a sprain, or what not, the great pressing present need is to stop the pain. The "Veedee" can do it. That is to the public one of its greatest justifications, and the

explanation of its marvellous commercial success—the reason why a "Veedee" is going, as one of its most cherished domestic appliances, into every home that can buy, beg, or borrow one. The cry of the pain-sufferer is, "get me at once a 'Veedee' and tell me

How P ?

Here is the general fundamental principle involved. Every nerve in the body in its normal natural condition is vibrating, and, in a state of health, all nerves are vibrating in *harmony* one with another. When there is pain, it is because the vibration of the particular

nerve is out of harmony (or *discordant*) with its neighbouring nerves. The action of outside-applied vibration over the discordant (and its neighbouring) nerves is that of a mastering vibration which *compels* vibration of the affected nerves (including the discordant or painful one) in *unison*. The moment that is achieved, the *pain stops*. The rhythm or speed of this outside vibration that you put in with the "Veedee" has simply to be *different* from the rhythm of the discordant (*i.e.*, the painful) nerve. It will be seen that this *difference* can only be arrived at by trying two or three *different speeds* over the painful part, *i.e.*, if the first speed tried does not at once stop the pain. Here are the guiding ideas.

1. **PRESSURE.** To stop a pain vibrate *lightly*, if the pain is near the surface (as in Neuralgia, for instance) never press on for pain-stopping unless the pain is very deep-seated
2. **SPEED (A)** If a very acute, "fine," needle-like pain, vibrate slowly with large vibrations (say No. 2½ to 3 on the fly-wheel index).
(B) In a dull, grinding pain or "numbness" vibrate at a high speed with small vibrations (say No. 1 to 1½ on the fly-wheel index).

Now suppose we've got to stop the pain of Neuralgia. Put in the "Cup-and-Ball" attachment No. 4 (shown in Fig. 1 as H). Set the disc at, say, No. 1, vibrate at a *good rate* (first) over the painful part, trying to find the exact spot the pain seems to spread out from, and vibrating over just that. Do it till the *pain stops*, probably about ten seconds. Then wait. The pain will almost surely come back in a minute or so. Now apply the "Veedee" as before for about another ten seconds. The pain may come back three or even four times, but after that it will *stop*. If you happen to have hit with the "Veedee" a different rhythm from that of the painful nerve, it will stop, to stay stopped, the first time. You will see that to *stop pain* the speed and degree of vibration is a case sometimes for a little adjustment to your own individual conditions. The great thing though, is that if you follow the above hints, the "Veedee" will stop nearly any kind of pain in one to two minutes.

We have gone thus at length into the subject of pain-stopping by the "Veedee," because it is so intensely important that you should know how to do it.

If the "Veedee" could do no more than instantly stop pain, and by *local* application to the seat of the trouble bring relief and alleviation, that alone would be enough to cause it to be kept always handy in every home. It can do more than that though. If properly used IT CAN CURE very many of the most troublesome forms of human disease. It has always to be remembered that if any part of the body is wrong, it is because the nerves controlling the ailing part are not doing their work, *i.e.*, not vibrating normally, and that the great seat and source of nerve-energy is that part of the brain which extends down the spine, and which we call the spinal cord.

Never Neglect,

therefore, besides vibrating the ailing part or organ itself, to also vibrate that part of the spine in which is the nerve-centre governing the distant ailing part or organ. You may take it as a general rule that for any trouble in the upper half of the body, you should (besides vibrating the seat of the trouble) also vibrate the spine (about one inch from the centre of back-bone both sides) from the neck to the middle of back, and for the lower half of the body from middle of back to end of spine. The *local* vibration will *relieve*, but the *spinal* vibration is in the direction of a *cure* (See General Note, page 43).

If the directions given above are followed, a "Veedee" in the home may easily be found to be worth ten times its cost as a means of giving *quick and sure relief*.

The matter of *curing* disease, though, by the "Veedee" is a deeper subject. That can be, and daily is being, done for Rheumatism, Gout, Sciatica, Constipation, Liver, Kidney and Stomach troubles, Nervous Debility, Loss of Vitality, and nearly all forms of nervous and functional disorder. Dr. J. MORTIMER-GRANVILLE, the great specialist and consultant, who studied the subject deeper and more practically probably than any other man, has written:

"Every organ of the body may, in the absence of utterly disabling organic disease, be made to perform its proper function by exciting the nerve which supplies it with energy, by mechanical vibration. In this way I have seen the liver unloaded, and what seemed to be inveterate torpidity of the intestines (*i.e.*, chronic constipation) remedied in a few successive vibrations."

INDIGESTION.

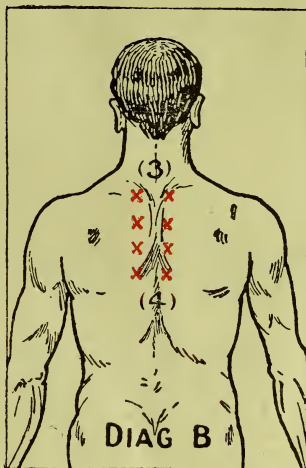
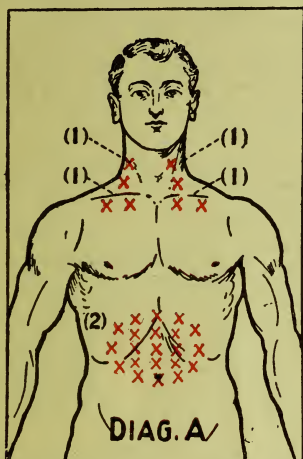
(Dyspepsia, Stomach-Catarrh, Flatulence and Wind, and other Stomach Disorders).

SYMPTOMS.

Discomfort or Pain in the Stomachic Region, Furred Tongue, Headache, Constipation, Acid Eructations, Palpitation, Flatulence, Impaired Appetite, Drowsiness or Insomnia, Depression of Spirits.

SPECIAL TREATMENT.

Set the Veedee at $1\frac{1}{2}$ on the disc (increasing to 2) and vibrate, using the Cup-and-Ball Attachment, and turning sharply (about three turns in two seconds is a fair medium pace), the Pneumo-Gastric Nerve along the sides of the Neck (as 1 on Diagram A) Then over the Solar Plexus (as 2 on Diagram A), using the Cup-and-Ball Attachment, with deep pressure for two minutes ; then vibrate over the 2nd to the 5th Dorsal Nerves, 3 to 4 (as shown on Diagram B), using the hard piece (or preferably the special spinal attachment, No. 24, illustrated on page 43).



The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Vibrator applied to the bare skin ; a thin garment may, however, be worn, but no corsets, as they destroy the exactness of the Vibration of the Spine. The proper position for the patient to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.

DIET AND GENERAL HYGIENE.

It is very necessary that whilst using the Veedee your regular habits be of such a nature as to assist its good effect. Dieting yourself properly is the most important matter. Alcohol, if taken, must be indulged in moderately, and confined to meal times. Tea, if drunk, must be lightly infused, and plenty of milk added. Pastry, sweets generally, new bread, veal, pork, fat or rich foods, acid or unripe fruits, should be forbidden. Tea should never be taken with meat. Get out into the open air as much as possible ; have your meals regularly, and let them consist of light, well-cooked, easily digestible food. Eat your food slowly, masticate it well, *drinking after*, and not during meals.

It is also important that the sleeping room should be kept well ventilated by having the window open at the top and bottom, in order that the poisonous expired air containing carbonic acid gas may escape, and that a fresh supply of oxygenated air may be obtained for inspiration.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.

Miss Carlotta Zerbini.—"I have now had the Veedee in constant use for about three months, and am very glad to tell you that I am more than pleased with it. I am quite sure it is a splendid substitute for hand massage, and is useful in any case where the same is required.

"I find it very beneficial for the digestion; my liver is certainly more active since using it.

"I must add that, although in constant use for three months, the Veedee is still in perfect condition; all I have done to keep it so being to drop a few spots of oil into the holes and crevices."

A Medical Man (M.B., B.A.), who had in a previous letter expressed doubt as to the value of vibratory stimulation, writes:—"Since writing to you I had developed a very bad attack of acute Dyspepsia, and the effect of the Veedee has completely changed my opinion; and as I am subject to such attacks I have great pleasure in sending you a cheque in payment."

Lady Marriott, Kensington.—"I have found the Veedee of great use for Indigestion."

T. M. Stobo, Esq., Glasgow.—"It affords me the greatest possible pleasure to tell you how much good the Veedee has done me. I have been troubled for years with Indigestion and Sluggish Liver, and although I have tried all sorts of medicines, none gave me permanent relief. Matters quickly changed, however, after I got your Veedee; it was not long till I noticed a marked improvement, for which I feel deeply indebted to you.

"I have shown and recommended your Veedee to many friends and customers, and will continue to recommend it whenever I get the chance."

Captain William J. J. Matthew, Hull.
"For 20 weeks I suffered with constant stomach-ache from which I got no relief, although I went under three different doctors. During that time I lost 28-lbs. in weight. I then went into the Royal Infirmary, and I was seen by all the head doctors of the city, and their medicine doing me no good, I came out of the hospital. On my way home, as I passed a druggist's shop, I saw one of the Veedees in the window. I read what it was stated to do, so I went in and asked for a free trial, which they granted me, and used it on my stomach for about five minutes. I felt so much relieved that I bought one and used it three times a day for about a month, feeling better after every time of using, until I completely regained the best of health. I am now weighing 11 stone 8 pounds, having gained 2 stone 8 pounds since I first used the Veedee."

The Ven. Wm. Danks, M.A., Archdeacon of Richmond and Canon of Ripon.—"I have used the Veedee morning and night for Dyspepsia and Sluggish Liver.

"It is a little too early to speak positively, though I believe it has been beneficial. I will write after fuller trial."

And later.

"I have certainly derived benefit from the use of the Veedee as a remedy for Chronic Dyspepsia and inaction of the Liver."

H. J. Stanbury, Esq., Bournemouth.
"I have used the Veedee on numerous friends for Indigestion and Flatulency, and all say it immediately relieves them of pain."

Mrs. E. Newell, Brighton.—"I use the Veedee for Indigestion and Rheumatism and find great relief. I think it is better than taking so much medicine."

CONSTIPATION.

SYMPTOMS.

The general effects of Constipation are lassitude of body and mind, headache, vertigo, palpitation, anæmia, hæmorrhoids, neuralgia, and pains in the back.

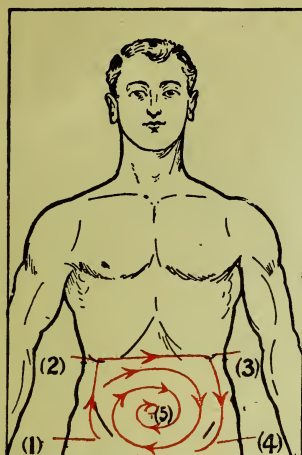
Constipation frequently exerts a pernicious influence on primary indigestion, indicated by foul tongue, fetid breath, acidity and flatulence.

SPECIAL TREATMENT.

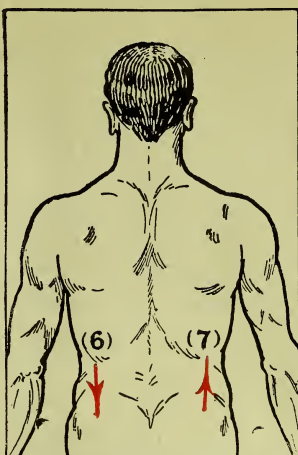
Set the Veedee at No. 2 on the disc and vibrate with the Cup and-Ball attachment, using little pressure and turning quickly, about three turns per two seconds, over the area marked on Diagram A. Commence at figure 1 and vibrate along the ascending colon 1 to 2, then along the transverse colon 2 to 3, and also the descending colon 3 to 4, for five minutes. Then vibrate as shown by figure 5

CONSTIPATION—continued

on Diagram A commencing on the right side and following course of spiral arrows for three minutes. Lastly vibrate over the intercostal spaces, as shown by figures 6 and 7 on Diagram B for five minutes.



Diag. A. Diag. B



The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin ; a thin garment may, however, be worn, but no corsets, as they destroy the exactness of the vibration of the spine. The proper position for the patient to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.

DIET AND GENERAL HYGIENE.

It is very necessary that whilst using the Veedee your regular habits be of such a nature as to assist its good effect. The habit of a daily evacuation at a certain hour is most important. Dieting yourself properly is also an important matter. Oatmeal for breakfast is a good laxative, especially if taken with treacle. Wholemeal and brown bread act in the same way. A glass of water (hot or cold) the last thing at night and first thing in the morning is most helpful. Drugs should only be used as a last resource, and then *only* by medical advice. But if you persist in the use of the Veedee as above, and invariably invite the daily habit at the *regular time* you will have no need of drugs. Take brisk exercise in the open air as much as possible, especially uphill. Have your meals regularly and let them consist of light, well-cooked, easily digestible food, with plenty of freshly cooked green vegetables and fruit. Eat your food slowly, masticate it well, drinking after and not during meals. It is also important that the sleeping room should be kept well ventilated by having the window open at the top and bottom, in order that the poisonous expired air containing carbonic acid gas may escape, and that a fresh supply of oxygenated air may be obtained for inspiration.

Miss A. S. B. Martin, 119, Bedford Hill, Balham.—“We are using the Veedee with great benefit in an out-patient’s treatment of Constipation.”

Mr. C. T., Perceval Road, Inverness, N.B.—“I am in my 80th year. I find the Veedee helps to relieve Constipation, and after using it I feel as if I was 20 years younger !”

Mr. J. W. W. Openshaw, Chemist, 7, Darwen Street, Blackburn.—“Mr. Holand took a Veedee on our recommendation for a serious case of inactivity of the bowels and liver—most obstinate Constipation. He reports being highly pleased with results. His daughter has used it, and they are astonished at result of a three days’ trial. She wouldn’t be without one for any price.”

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

CONSTIPATION—continued.

Miss Mary Green (Masseuse), 19, Westbourne Park Road, W.—“I find your Veedee invaluable for Constipation. and teach my patients to use it.”

F. Stevenson (Colonel, Indian Army), Pittville, Cheltenham.—“I have much pleasure in informing you that I appreciate the use of the Veedee. I have constantly used it for the last six months. For years I have suffered from Constipation, and was advised by a friend to try your Veedee, as he had derived great benefit from it. I find it has done me much good; it is easy to apply it to the stomach,

and the result is that aperient medicines may be given up.”

J. A. Harvie Brown, Esq., Larbert, N.B.—“I have received benefit from your Veedee, perhaps in more ways than one, having used it all over regularly now since I obtained it, certainly in one direction, that of Constipation. For years I have used ‘Cascara,’ but lately I find the application of the Veedee has in great measure replaced the regular use of ‘Cascara’ and I now use the latter only perhaps once a week, instead of every night.”

As a General Tonic and Invigorator for

DEBILITY, etc.

Very often people feel ill and run down, without being able to locate any particular cause. In such cases use

THE VEEDEE GENERAL TONIC TREATMENT.

Instruct the patient to lie face downwards on a bed or couch, and then, with a strong vibration (i.e. the Veedee set at No. 2 on the Disc), work up and down the spine with the special spinal (No. 24) attachment (see page 43). Then, with the No. 1 attachment, and disc set at 1½, work for two or three minutes just under and inside of the right shoulder-blade. This acts directly through to the liver, and so massages or exercises that organ. After a few minutes have the patient turn over on the back, and give a minute or two on the chest, with deep pressure. Substitute Cup-and-Ball for No. 1 when vibrating over chest, if same is found more agreeable.

Tell the patient to expand the lungs meanwhile. Go lightly over the stomach and bowels. A couple of brief touches on the soles of the feet, and the general toning treatment is complete. The patient rises refreshed and invigorated. The effect is splendid.

In no use of the Veedee is the special spinal attachment, No. 24, so essential as when the machine is to be used as a General Tonic and Invigorator.

SYMPTOMS OF DEBILITY.

The body or any of its organs are said to be in a state of debility when its vital functions are discharged with less than the normal vigour, and when the amount of activity which it displays and of the work which it can accomplish are diminished. The natural ability of the organs to perform their functions varies extremely with sex, age and many other circumstances. Debility or the loss of this functional power is therefore frequently ill-defined, and when unquestionably present may vary greatly in different cases, from a condition in which fatigue comes on only somewhat earlier than usual, to a state in which the slightest exertion may deplete vital energy to the point of complete exhaustion.

SPECIAL TREATMENT FOR DEBILITY.

Debility must be treated according to its causes. If nutrition has failed it must be restored as far as possible.

Set the Veedee at No. 2 on the disc, and, using the No. 1 attachment (or better, attachment No. 3), apply general vibration to the whole of the body, commencing with the lower limbs and vibrate upwards for ten minutes.

Finally apply treatment to the spine by vibrating from top to bottom for three minutes with the No. 24 attachment (see page 43). This treatment stimulates directly the sympathetic nervous system, thus increasing secretion and reflexly the activity of unstriated muscle fibre, and so relieving various functional derangements.

DEBILITY—continued.

The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin. A thin garment may, however, be worn, but no corsets, as they destroy the exactness of the vibration of the spine. The proper position to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the spinal nerves. It is important that the cause of the Debility should be discovered, so that its removal may more speedily ensure a return to normal health.

Alex. F. Roxburgh, Esq., Glasgow.—“About twelve months ago Nervous Debility took a very firm hold of me. I had to leave my employment in consequence, and felt terribly depressed. I had nine doctors, but they could do nothing for me whatever. For seven long months I had given myself up as hopeless. In this deplorable condition Mr. Ballinghall, of this city, drew my attention to the Veedee, and I must say I have got a lot of benefit from it, and it seems to have pulled my nerves back once again to their normal condition. I have used it now for three months, and have improved immensely since.”

Mrs. Mary Oldham, Nottingham.—“I consider myself happy in being a possessor of the Veedee. The impression of it is like having one's own physician always at hand.”

Mrs. G. U. Yule, Edinburgh.—“The Veedee has proved a great comfort to me. I have been in a weak state for years from repeated attacks of Malarial Fever in India. It is quite wonderful the good the Veedee has done me. I begin now to walk with ease, and am not in constant pain as I formerly was. I recommend it to all my friends and acquaintances.”

C. W. Ashley, Esq., Manchester.—“My wife considers that the Veedee has done her a lot of good. She has suffered for the last thirty years from a weak back, and has used gallons of Embrocation and Acetic Acid, while several doctors have treated her, but never with much success. She has recommended it to several people who know how she has suffered in the past.”

John Angus, Jun., 15, Haymarket Terrace, Edinburgh.—“The beneficial results derived from the little machine are remarkable; in fact, far beyond what I anticipated.”

Miss N. Janotha (Court Pianist to H.I.M. the German Emperor).—“The Veedee seems to hold a spark of the ‘Perpetuum mobile’ of the universe—I enjoy its delicate and vigorous ‘trille’ on my hands. With ‘good luck’ wishes.”

And Later.

“I am charmed with the Veedee. It takes away fatigue as well as pain!”

“I should recommend it to all piano players, as it gives flexibility to the fingers and infuses suppleness to all the muscles of the arm, wrist, hand and fingers.

“With wishes of ‘good luck.’”

H. W. Shephard-Walwyn, Esq., Kenley, Surrey.—“The Veedee is most refreshing to me when overworked.”

RHEUMATISM, GOUT AND LUMBAGO.

A GREAT DOCTOR'S THEORY ABOUT RHEUMATISM AND GOUT.

One of the most distinguished doctors in the world has given the following theory as the explanation of how the **pain** in Rheumatism and Gout is actually caused.

He says: “When the blood starts from the heart along the arteries its normal condition should be pure, but in a rheumatic patient it carries along, suspended in it, microscopically-small, hard crystals of uric acid. These sail along the larger arteries all right, but at last the diminishing arteries have dwindled down into the smallest capillaries (finer than thin hair). When the floating crystals reach the entrance to these capillaries, they are too large to get through

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

RHEUMATISM, GOUT AND LUMBAGO—*continued.*

and so are forcibly pressed against the surrounding nerves, and the irritation caused by that congestion and pressure is the actual pain of Rheumatism. Some way or other, those crystals have got to be forced or helped to pass through those capillaries on into the veins. It is easy from the above to understand how rubbing or hand massage helps them through, and so relieves the pain. These crystals then float along the veins to the lungs, there to take their chance of being oxidised by the air, and so breathed out and otherwise worked out of the system. In a patient suffering from an excess of uric acid, however, the lungs cannot entirely clear out those crystals, but only reduce their size and so let them go on their round again with the fresh ones that are always forming."

Now the above theory was put out before the Veedee was invented, but incidentally it furnishes the most startling testimony of the value of the Veedee, and at the same time, really **shows how it is** that the Veedee is the quickest pain-reliever and curer of Rheumatism and Gout ever yet discovered.

There is no possible comparison between the effect of a little rubbing or hand massage on the above-described uric acid clogged capillaries (with their surrounding accompaniment of muscle-twisting, nerve-racking pain) and the thrilling stream of vibration waves (8,000 per minute if desired) that the Veedee sends right through and through the congested area. The effect is, of course, immediate. The vibration helps the uric acid to pass on through the capillaries, and so brings the blessed relief from pain in two or three minutes. If it did no more than thus **relieve** probably every sufferer from Rheumatism and Gout would feel he had to have one, even if he had to sell his coat to get it; but the action of the Veedee goes farther, and helps the **cure**. The effect of the vibration on those uric acid crystals is not only to pass them through the capillaries on into the veins, and so relieve the pain by removing the congestion, but it actually breaks up those crystals, so that they reach the veins in a condition that greatly increases the chance of the lungs of getting them out of the body altogether. That's **how** it is that the effect of just one application of the Veedee over the seat of pain in Rheumatism and Gout is the instant thrilling out of those pains, and that the regular and systematic use of the Veedee almost invariably ultimately effects a **cure** of Rheumatism and Gout. Of course, it goes without saying that the patient must assist in the cure, by doing everything possible to lessen the production of fresh uric acid crystals, i.e., regularly drink several quarts of pure water every day, and cease to eat and to drink those things which experience has taught favour the production of an excess of uric acid in the system. The first thing is to get a Veedee without more delay.

SYMPTOMS OF RHEUMATISM.

Rheumatism of the limbs. The disorder may commence with slight febrile disturbance and simultaneously, possibly, indeed quite suddenly, pain is experienced in the region of some definite muscle or group of muscles, and this speedily becomes so severe as to constitute the leading symptom of the attack. There may be present the constitutional signs of fever, viz :—the tongue is furred, the appetite impaired, the bowels confined, and the pulse somewhat frequent, with some headache and general prostration.

SYMPTOMS OF LUMBAGO.

rising from the sitting

The muscular and fibrous structures of the nerves are here the seat of pain. It is easily recognised by the characteristic muscular pain referred to in the loins, greatly increased by bending, straightening the back,

SYMPTOMS OF GOUT.

Generally affects the smaller joints of the body and has been usually regarded as a general or constitutional disease, associated with uric acid. It is characterised by a peculiar inflammation of the joints, and suspicious twinges or uncomfortable sensations about the toes and fingers are commonly noticed from time to time before the first actual fit of Gout occurs. The

RHEUMATISM, GOUT AND LUMBAGO—*continued.*

constitutional symptoms are digestive and hepatic (liver) disorders, attended with abundant flatulence and eructations, heartburn, acidity and constipation or diarrhoea. In acute cases there will be prostration and may be high fever.

SPECIAL TREATMENT.

In treating Rheumatism and Gout the Veedee should be set at No. 2 on the disc. Commence using the No. 1 attachment with general vibration around and over the affected part, then continue with local vibration on the diseased muscle or joint. The object of vibration in Gout is to get rid of the irritating particles of uric acid and sorely relieve the congested traffic, as it were, of the circulation. Vibration applied to the painful part not only helps the crystals onwards, but also it breaks them up, so that they can more easily be got rid of by the lungs and kidneys. A few moments application of the Veedee at once clears the uric acid from the capillaries, and this immediately relieves the muscle-twisting nerve-racking pain.

In treating Lumbago the patient should be face downwards with the abdomen supported by pillows. The operator should vibrate with firm pressure over the lumbar legion from the spinal column towards the sides as shown by Figure 1 in Diagram. In many cases it is as well to vibrate the whole of the back.

The treatment must be given twice or three times daily for 5 or 10 minutes according to the severity of the case.

The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin; a thin garment may, however, be worn, but no corsets, as they destroy the exactness of the Vibration of the Spine.

The proper position to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.

DIET AND GENERAL HYGIENE.

Particular attention must be paid to the diet. Whilst all excess is avoided, as well as indulgence in malt liquors, sweet wine and rich indigestible dishes, a moderate supply of mixed animal and vegetable food will be found to be most suitable. Advantage should be taken of every possible opportunity of enjoying daily outdoor exercise in fresh air and sunshine. The clothing must be warm flannel, or other woollen material. Great care must be exercised to avoid cold and damp.

Rear-Admiral Marcus Lowther, St. Leonards-on-Sea.—"The Veedee has done my knee a great deal of good, the old sprain gives no trouble. I am very careful over the machine, I never allow it to go out of the house. My servants who have been many years with me, can always have the use of it for little touches of Rheumatism.

"To any of my friends complaining of Rheumatism, all I say is, get a Veedee. My opinion of it is a very high one. I am not likely to go to sea any more, as 87 is only 2½ months

off, or I should take one with me. The doctor says my health is perfect, not an ache or pain of any kind, and no gout whatever."

And Later.

"The Veedee quite cured the old sprain on my knee. I am using it now on the left knee, which is not feeling quite the thing. I see in the list of names I am placed next to Lord Lonsdale, the head of my family. To-morrow I shall be 87 and in perfect health."



IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment, see "General Note" on page 43.

RHEUMATISM, GOUT AND LUMBAGO—continued.

Dr. ——— (M.R.C.S., L.S.A.), writes :
“ I have used the Veedee in cases of Rheumatism and Rheumatic Gout, and Rheumatic Arthritis of long standing with marked success, in freedom from pain and cure in former cases, and considerable improvement in the latter. I was particularly struck with its success in a case of stiff neck, which in less than three minutes was completely cured, with no return of the complaint.”

Dr. ——— (M.D.), writes :—“ The result of my trial of the Veedee in a case of Muscular Rheumatism is that the pain gradually disappeared, and the patient was quite free from pain in about ten minutes.”

Dr. ——— (L.R.C.P., L.R.C.S.), writes :
“ I am very pleased with the instrument and have found that it beats massage for Rheumatism. I am using it for myself, and can therefore speak personally,

“ One or two friends of mine in town have tried the Veedee and mean to have one.”

Miss A. J. Master, Leominster.—“ I have now been using the Veedee for six weeks, and am amazed at the effect. I have been suffering from backache, Indigestion and Rheumatism for years: in fact, I have scarcely ever been out of pain, and now I have not a pain or ache anywhere. I feel fresh and well and strong, and have left off all medicines and tonics.”

SCIATICA.

SYMPTOMS.

Sciatica is signalled by paroxysmal pain in any of the following localities : the buttock, the back of the thigh, the knee, the front, back and outside of the leg, and the whole foot except its inner border.

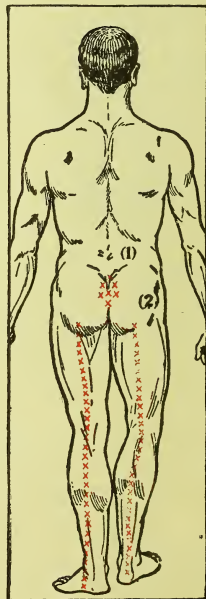
SPECIAL TREATMENT.

Set the Veedee at No. 2 on the disc, and apply Vibration at first with the No. 1 attachment for two minutes, making very mild pressure over the origin of the Sciatic Nerve, in the cord as shown by Figure 1 on Diagram. The pressure while gentle at first, should be firm, and if suffering acute pain it should be applied deeply.

Also vibrate with the No. 5 attachment the painful part for five minutes, following as closely as possible the line of the painful Sciatic Nerve from the point of its exit on to the buttock, as shown by Figure 2 on Diagram.

After a week or so (or sooner if the pain lessens), attachment 6 should be substituted for attachment 5, as No. 6 gives a more exact application to the Sciatic Nerve itself.

The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin ; a thin garment may, however, be worn, but no corsets, as they destroy the exactness of the Vibrations of the Spine. The proper position to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.



IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment, see “ General Note ” on page 43.

SCIATICA—continued.

Mrs. Charlotte Gower, Hove.—"I cannot speak warmly enough of the Veedee. Various members of my family and friends, and especially two of our servants, have derived the most wonderful benefit from it, and one cannot be too grateful to you for having invented it. We have used it constantly since last May, and for all kinds of ailments, Lumbago, Sciatica, Rheumatism, a Nervous Affection of the Muscles of the Face (it is marvellous what it has done for that), Cold, Sore Throat and Headache.

We recommend it in all directions, as we feel everyone ought to know about it. Our two servants, a man and a woman, are like different creatures, thanks to it. They have suffered a martyrdom for six or seven years from Sciatica and Lumbago."

And Later.

"You are heartily welcome to make any use you like of my letter about the Veedee, and I am very glad you are pleased with it. We use the Veedee constantly. Our two servants both say they feel like new creatures, and they have been such terrible sufferers; it was quite sad to see them."

Miss Genevieve Ward.—"I have used the Veedee for several months, and am pleased to testify to its great value in relieving pain, having cured several cases of Sciatica with two or three applications. I also find it most excellent for head and face massage, and have used it at night for inducing sleep. I write with perfect confidence as to the great value of the Veedee."

"Lady Bateman has much pleasure in saying that she found the Veedee very useful in a severe attack of Lumbago. It soothed the pain and greatly assisted the cure."

Colonel G. M. Stevens, Bideford.—"I have found the Veedee beneficial for Lumbago, Sciatica and Nasal Catarrh, also for noises in the ears."

Dr. —(L.R.C.P., M.R.C.S.), writes : "I have used the Veedee in cases of Chronic Sciatica with decided benefit."

Rev. C. J. Senior, Buckingham.—"I have much pleasure in saying that I have derived benefit from the Veedee in stopping pain and curing an attack of Lumbago."

ASTHMA, BRONCHITIS, CATARRH, COLDS, THROAT & CHEST TROUBLES.

ASTHMA.

SYMPTOMS.

The patient experiences great difficulty in breathing ; there is a feeling of oppression almost approaching suffocation which compels the sufferer to sit up in order to breathe.

The onset is sudden and generally comes on late at night or early morning. The breathing is accompanied by a wheezing sound which may gradually develop into discordant noises.

BRONCHITIS.

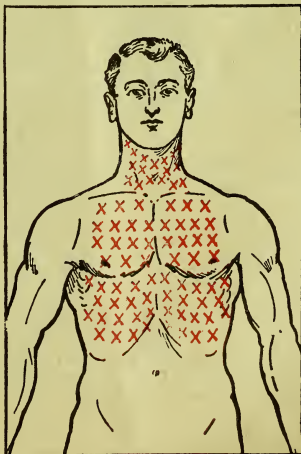
SYMPTOMS.

A dry cough is the most frequent start of this trouble. In the various stages afterwards the cough will vary in character, while the expectoration, which is at first scanty and difficult to raise, later becomes more profuse, changing its clear colour to yellow of a thick consistency. A considerable amount of pain, fever and weakness, may attend the illness, while sometimes blood may tinge the expectoration, or vomiting may take place from the hard and severe nature of the cough.

CATARRH.

SYMPTOMS.

Catarrh is due to congestion and inflammation of the mucous membranes, attended at first by dryness and later by increased secretion. The disorder is most frequent



in cold and changeable weather, and is almost certainly due to microbic infection. There is a sense of chilliness with slight headache, followed by a feeling of irritation, and then of dryness and fulness of the nose, with frequent attacks of sneezing. If severe there may be some fever, with a quick pulse and a hot dry skin. A serous acrid discharge takes place which excoriates the margin of the nostril, and in the course of a day or two generally grows worse. The sense of smell is often lost.



The disease is very apt to extend into the throat, which it makes sore and painful, and there may be an aching pain in the tube which runs from the throat to the inner part of the ear, with temporary deafness.

COLDS.

SYMPTOMS.

The patient has a stuffy feeling in the nose, sometimes one but generally both nasal passages being affected. There is increased secretion from the irritated mucous membrane, at first watery, but afterwards thick and viscid, with a mild degree of swelling, and at times considerable congestion. The sense of smell is often affected.

The above troubles all arise from congestion, and if not relieved speedily become acute. Fine high speed vibratory massage by the Veedee is a highly beneficial method of stimulating healthy blood flow, and the vital processes connected therewith. Morbid products are removed and the parts aided in regaining their normal healthy tone.

SPECIAL TREATMENT.

The Veedee should be set at No. 1½ on the disc, using the Cup-and-Ball attachment and commence with vibrating the nerves and muscles of the throat, nose and neck. Continue this for two or three minutes. Then with the No. 1 attachment and Veedee set at 1½ on the disc, vibrate all over the chest and across the back, beneath the shoulder blades for five minutes, inspiring deeply at the same time.

In a case where defective respiration is the result of weakness of the respiratory muscles, or of deformities of the chest, vibration has proved the best means for increasing the capacity of the respiratory organs. Vibration of the digestive organs is also recommended for its general tonic and stimulating effect. The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin; a thin garment may, however, be worn, but no corsets, as they destroy the exactness of the vibration of the spine. The proper position for the patient to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.



No. 16.

For Nasal Catarrh use attachment No. 16. Set the disc of your Veedee at 1½, then place the nose between the two small spring pads of the attachment, turning the crank handle steadily for about two minutes. This treatment may be repeated three or four times a day.

For price of this attachment see Price List.

Sir Philip Albert Muntz, Bart.,
Dunsmore, Rugby.—“Lady Muntz suffered severely from Bronchial Asthma, and found much relief from the Veedee.”

Hon. and Rev. Reginald Adderley,
Brixham House, Stechford.—“I have found the Veedee a great comfort and have used it regularly. It has relieved the Catarrh I suffer from.”

ASTHMA, BRONCHITIS, CATARRH, &c.—continued.

T. P. Wood, Esq., Manchester.—
“I used the Veedee when suffering from a severe cold in the head and nostrils, and received great relief from its application.”

Mrs. M. Kitchen, Bromley, Kent.—
“I have used the Veedee constantly, and have found much benefit from it, as I suffer from Bronchial Catarrh.”

And Later.

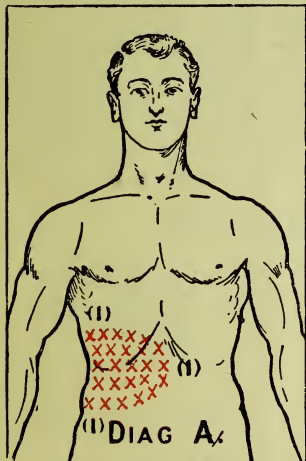
“I certainly have great faith in the Veedee and have recommended it to several of my friends, whom I know are using it.”

Captain Hewitt, R.N., H.M.S. ‘Blake,’ Devonport.—“I have been lent a Veedee for treatment of Laryngitis, and have derived benefit from it.”

Miss Ellen Marchant, St. Ann’s Heath, Virginia Water.—“I have applied the Veedee to my throat with most beneficial results. I have sung much professionally, but having now no opportunity of practice, was losing roundness of tone, flexibility, and range. This was a source of anxiety to me. I applied the Veedee to the side of my throat where I felt weakness. I found the round tone was returning and I persevered, and once more began to take delight in singing; with the result that the Veedee has given me back my high notes, to which I had said ‘good-bye’ for some time.

“My voice is now coming back to its old strength and brilliancy, and I am more than delighted with your ingenious invention. I feel sure that the Veedee will be of the greatest service to all singers and speakers. Its soothing power is most fascinating.”

LIVER TROUBLES.



SYMPTOMS.

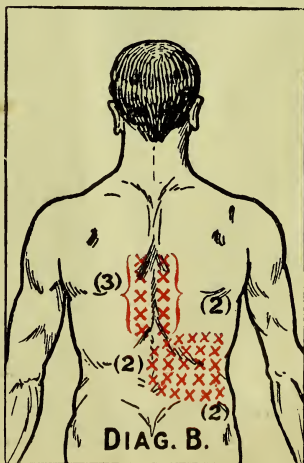
Nasty taste in the mouth, nausea or vomiting, loss of appetite, giddiness, headache, constipation or diarrhoea, pain between the shoulder blades or under the right ribs, high coloured urine, depression of spirits, etc.

SPECIAL TREATMENT.

Set the Veedee at 2 on the disc, and vibrate with the Cup-and-Ball Attachment, with deep pressure over the intercostal spaces both back and front for four minutes as shown by area marked Figure 1 on Diagram A, and 2 on Diagram B. Also vibrate the spinal nerves with attachment No. 24 from the 5th to the 9th dorsal as marked by Figure 3 on Diag.

B. The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin. A thin garment may, however, be worn, but not corsets, as they destroy the exactness of the vibrations of the spine. The proper position for the patient to be in is lying down, with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.

DIET AND GENERAL HYGIENE.—As for indigestion, page 8, and take brisk exercise in the open air as much as possible.



LIVER TROUBLES—continued.

Dr. — (M.B., M.R.C.S.), writes :—
“ E. L., æt. 55, a sedentary worker, complained of symptoms pointing to a sluggish and passively congested liver. Pills, decoctions, &c., had been his lot for some time, with only very temporary benefit. The Veedee was used twice daily for ten minutes, and very soon produced a marked diminution in the size of the liver, and the concomitant symptoms disappeared as well. Truc, at the same time hygienic treatment was adopted, but the effect of the vibration was quite marked.”

C. J. Clarke, Esq., New Shoreham.—
“ I have found great benefit from use of Veedee. For stirring the liver into activity when sluggish I have found nothing to compare with it, and as I have been troubled with an ‘ Indian ’ liver on and off for the last twenty-five years, I fully appreciate anything that is beneficial for same.”

“ **The Countess of Eglinton and Winton** begs to say that she has used the Veedee for Liver trouble and for general health, and is glad to report that it has done her much good and given satisfaction.”

Professor D. Rowlands, Brecon.—
“ I have been troubled for many years with a sluggish liver. The Veedee has afforded me great relief.”

The Ven. Wm. Danks, M.A., Archdeacon of Richmond and Canon of Ripon.—“ I have used the Veedee morning and night for Dyspepsia and Sluggish Liver.

“ It is a little too early to speak positively, though I believe it has been beneficial. I will write after fuller trial.”

And Later.

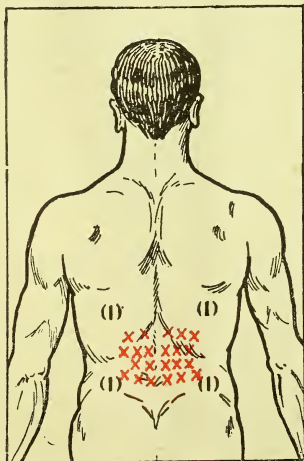
“ I have certainly derived benefit from the use of the Veedee as a remedy for Chronic Dyspepsia and inaction of the Liver.”

KIDNEY TROUBLES.

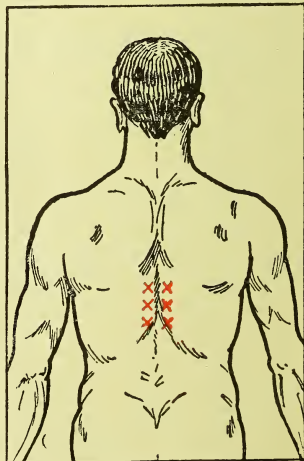
SYMPTOMS.

Alteration in the amount and an altered condition of the urine, anæmia, headache, a tendency to or actual vomiting in the morning, a puffness of the extremities and the eyelids (especially in the morning), and a sense of general weakness. Pain in the back is almost never a sign of kidney trouble. If you have pains in the back it is generally due to lumbago, constipation, neurasthenia (nervous exhaustion), or troubles peculiar to the female sex.

Diag. A.



Diag. B.



IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “ General Note ” on page 43.

**SPECIAL
TREATMENT.**

Set the Veedee at No. 2 on the disc, and vibrate with No. 1 attachment the area marked 1 on the Diagram A, for five minutes. Then vibrate (preferably with No. 24 attachment shown on page 43), that part of the spinal column from which the nerve starts that controls and governs the affected organ, i.e., the 11th and 12th dorsal and first lumbar nerves (as shown on Diagram B), for three minutes.

The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin; a thin garment may, however, be worn, but not corsets, as they destroy the exactness of the vibration of the spine. The proper position for the patient to be in is lying down with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the spinal nerves.

Gentle stimulation according to these directions soon causes the congested organs to throw off abnormal secretions, and perform their proper functions in a natural manner.

Mr. E. C. Cole, Heidelberg Road, Southsea.—“For kidney derangement the Veedee has proved invaluable.”

E. Penn-David, Esq., Superintendent, A.M.O., North-West Frontier Province, Nathai Gali (Murree Hills).—“The Veedee has relieved me of many a bad headache, and kidney troubles, and the method of treatment appeals to me as most rational. I intend to give the Veedee a thorough trial on myself.”

H. E. Quant, Esq., Waterloo, Liverpool. “The Veedee that I obtained some few weeks ago has given entire satisfaction for pains in the chest and between the shoulders and also for the kidneys. I have found it invaluable for my family, who at first were dubious, but now apply it as occasion requires. I would not be without it for five times its cost.”

S. Burroughs, 43, High Street, Dover. “Having suffered for some years from affection of the Liver, Kidney, and Bowels, with chronic constipation, I write to say that I have derived considerable benefit from the use of your Veedee Vibrator.”

NEURASTHENIA.

SYMPTOMS.

NEURASTHENIA may be described as nervous exhaustion or debility, caused by want of tone or stamina in the nerve centres. Some of the leading characteristics are defective memory and will power, a tendency to abnormal sensations, absence of mental concentration, with great variety of mood and capriciousness. There will probably be clammy feet and hands, tenderness in parts of the spine, constipation, headache and insomnia, general loss of power, confidence, and tone.

**SPECIAL
TREATMENT.**

It is a well-known fact that all diseases not of an organic character are to be reached and cured mainly by and through nerve centres, and, moreover, that the use of drugs in cases of nervous trouble is highly inadvisable, and proves disappointing. Few possess any power to *naturally* stimulate the nerve centres to action, and it is in such cases that the power of Vibratory massage by the Veedee stands out quite clearly. The mode of treatment is very simple and commences at the very seat of the trouble.

It is important to remember that the impulse produced by stimulating any nerve is greater when initiated at the centre from which it emanates, and by which it is controlled, than when applied to the nerve itself.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

NEURASTHENIA—continued.

Set the Veedee at No. 2 on the disc, using the hard piece (or preferably the No. 24 attachment shown on page 43), and vibrate throughout the entire length (half an inch each side of the spinal column, if you are not doing it with the special No. 24 attachment), as Figure 1 on Diagram, from five to ten minutes, night and morning.

In Neurasthenic conditions where excessive fatigue is a prominent feature, stimulating through the Splanchnic region, as Figure 2 on Diagram, will be found to be of great benefit.

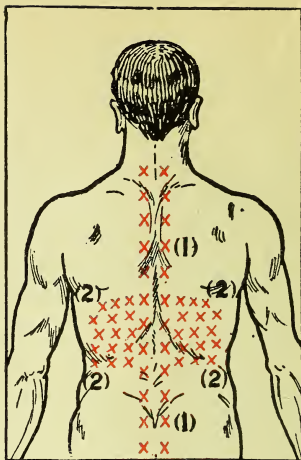
The treatment should be administered on rising, and again at night before retiring. It should last altogether about ten minutes.

GENERAL REMARKS.

Proper feeding and much rest in bed is often a most essential part of the treatment. The food should

be well-cooked, and of the most nourishing, easily digestible kind. The whole environ-

ment should conduce to cheerful hope for betterment, which can be confidently relied upon if the Veedee spinal treatment is regularly applied.



Rev. John Ritchie, Creich, Cupar, Fife. "I have found the Veedee of the greatest service when suffering from severe nerve affection, with shooting pains affecting my feet—which unfortunately they often did. The effect of the Veedee was almost invariably satisfactory. I can strongly recommend it."

Mrs. Asals, S. Hackney.—"I have suffered many years with my nerves, and have had many sleepless nights, but the short time I have used the Veedee I am so much better. By using the cup and ball I get proper sleep."

C. Sendall, Esq., Rudgwick, Sussex. "I am pleased to say that I have found the Veedee very satisfactory and beneficial; my nerves were in a very bad state, and at times my hands and knees used to shake dreadfully. At the first time of using the Veedee I found that it soothed my nerves, and now, after using it a little over a month, my hands are quite steady and I feel better in every way."

"I am very grateful to you for the good you have done me through the Veedee, and I shall most certainly recommend it to my friends."

H. Ibbotson, Esq., Sheffield Children's Homes.—"For stimulating energy and vitalizing the whole nervous system the Veedee has far exceeded my expectations."

Lord Erskine, Northampton.—"Lord Erskine writes to say he has found the Veedee satisfactory and beneficial. He uses it for nerve pains."

Mrs. Charlotte Gower, 36, Clarendon Villas, Hove.—"We use the Veedee constantly and have all been greatly benefited, especially my sister, for a nervous affection of the face. Her improvement is quite wonderful, and we cannot feel too grateful to the inventor of this wonderful machine."

F. G. Kemble, Esq., Hampton-on-Thames.—"My wife has used the Veedee for six months, and has derived much benefit therefrom, especially as a nerve soother, after a severe attack of Rheumatic Fever."

Miss M. S. Kirton, Superintendent, Nursing Institution, Cheltenham.—"I think the Veedee is simply splendid for the nerves."

And Later.

"I have been very busy in the Home, and at the same time showing the Veedee to the Medical men in attendance, and by so doing and showing them the benefit derived, the Doctor has ordered one for his wife."

Lady Shelford, Campden Hill.—"I am very satisfied with the Veedee. For two years I have used Vibration, having great faith in it."

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.

DEFICIENT CIRCULATION

(GENERAL AND LOCAL).

SYMPTOMS.

Even when the circulation is deficient generally, the main symptoms are felt locally, such as coldness of the hands and feet; a tendency to blueness of the extremities; red nose; numbness; with a predisposition to chilblains and frost-bite.

A general chilliness of the surface of the body may also be experienced.

SPECIAL TREATMENT.

Vibration over the entire body for the stimulation of the general peripheral circulation should also be done, the attachments No. 2 or 3 being specially suitable for this.

For stimulating the circulation of the arms, vibrate the spine over the origin of the 5th, 6th and 7th cervical nerves and first dorsal, as Fig. 1 on the chart (using No. 24 attachment as shown on page 43). For the legs and feet, over the origin of the 4th and 5th lumbar nerves and first sacral, as Fig. 2 on the chart.

DIET AND GENERAL HYGIENE.

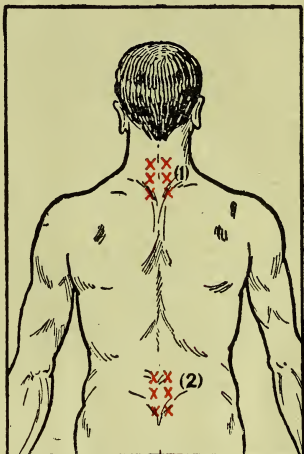
Active and brisk open-air exercise is most important to enhance the circulation, while foods which impart heat to the system should be indulged in, such as fats, butter, bread, potatoes, and carbo-hydrates generally. Cold baths should not be taken if a warm feeling does not supervene soon afterwards. Ventilation in both day and night rooms is essential, since a plentiful supply of oxygen is necessary for a healthy circulation.

A well-known West End Consulting Physician writes:—"J. E. M., æt. 38 years, suffered from a poor peripheral circulation, and was advised to use the Veedee every night all over the body before retiring to bed. The subjective result was much enhanced comfort from the glow produced, and a natural distinct tendency to insomnia obviated."

The use of the Veedee is strongly recommended in all cases of lack of circulation. The pleasing "glow" above referred to is the result of improved flow of healthy enriched blood which rushes in to the part to which the Veedee is applied.

Messrs. John Blair & Sons, Cork.—"The Veedee is an excellent restorative for the hair. A client of ours has developed quite a crop since using it for Neuralgia of the head."

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.



The Dowager Lady Borthwick, 30, Oxford Terrace, Hyde Park, London, W.—"The Dowager Lady Borthwick begs to say that she is very much pleased with the Veedee. She has already used it on various patients, and has found it particularly useful in the case of her housemaid, who broke her arm last year, and has had numbness of the fingers ever since. This is quite disappearing since using the Veedee."

Mrs. Katherine Kent, Bexhill.—"I like the Veedee very much. It is very beneficial in promoting the circulation and toning one up generally."

And Later.

"Since last writing I have been so well. I need the Veedee in the cold weather to restore and promote circulation, etc. I find it very good for cold feet in the Winter."

INSOMNIA.

SYMPTOMS.

A proper amount and kind of sleep is needful in order that the body may be maintained in a state of health, but the actual amount of sleep taken, and necessary for persons in health varies within wide limits according to age, soundness of the sleep itself, and individual idiosyncrasy.

Insomnia may proceed from several causes, and if of long continuance may have most serious consequences. It may result from an over-taxed condition of the brain, over fatigue, sluggishness of the cerebral circulation, or possibly after some period of physical suffering, which has during its continuance made sleep impossible, the habit of sleep having become perverted. Poisons circulating in the blood are answerable for many cases, while pain and various uneasy feelings are other factors.

TREATMENT.

If possible, vibrate quite the last thing at night when the patient is in

bed; be sure that the offices of nature have been performed, also that the feet are quite warm, if they are not, apply either warm flannel or a hot water bottle; there must be very little light and no talking.

Set the Veedee at $1\frac{1}{2}$ on the disc, using the hard piece with gentle vibration of the upper limbs and spine (see special spinal attachment No. 24, on page 43), for ten minutes. Next, the patient, having gently turned on to the back and lying with eyes closed, vibrate with gentle pressure but good speed, using the Cup-and-Ball attachment over the forehead upward through the hair (in front only) for three or four minutes; after which the intestines, as shown on diagram, should be vibrated for three minutes with light pressure.

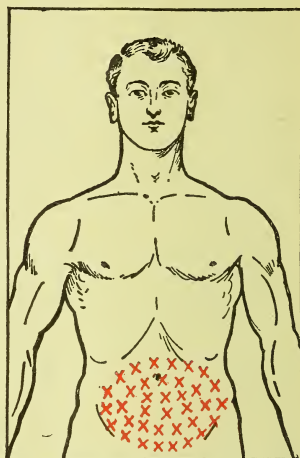
You will rarely leave your patients awake after vibration, especially if you have thoroughly impressed them with the idea that they will be absolutely unable to keep awake after the process.

GENERAL REMARKS.

Whenever it is possible, insomnia should be corrected by a studious attention to the general health and habits. The cause of insomnia, if possible, should be found. If it be indigestion, treat on the natural lines. In elderly people an over-loaded state of the large bowel should be thought of. The bedroom should be quiet, of moderate temperature, and well ventilated. The covering should be light. Mental quietude should be sought. All narcotic drugs should be strictly avoided. **None are harmless.** A warm bath, just before retiring, or a cup of hot beef tea, or milk, before going to bed may also have a salutary influence.

A well-known West End Consulting Physician writes:—"J. E. M., *et*, 38 years, suffered from a poor peripheral circulation, and was advised to use the Veedee every night all over the body before retiring to bed. The subjective result was much enhanced comfort from the glow produced, and a natural distinct tendency to insomnia obviated."

Mr. E. C. Cole, Heidelberg Road, Southsea.—"After a spinal treatment with the Veedee we can always ensure a good night's rest."



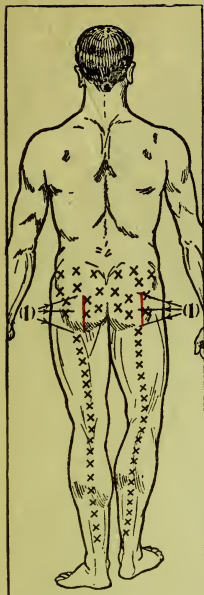
Lt.-Col. J. N. Coddington, D.L., Oldbridge, Drogheda.—"The pain I was suffering has much diminished, and at night I am sleeping much better in consequence."

Mrs. Asals, S. Hackney.—"I have suffered many years with my nerves, and have had many sleepless nights, but the short time I have used the Veedee I am so much better. By using the cup and ball I get proper sleep."

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.

CRAMP

Diag. A.



SYMPTOMS.

Cramp is a name applied to certain varieties of tonic spasm. In its most familiar form it affects the muscles of the legs, coming on principally at night, on the occasion of some slight movement of these parts. The attack rarely lasts more than a minute or two, though it may more or less speedily recur.

SPECIAL TREATMENT.

Set the Veedee at $1\frac{1}{2}$ on the disc, and with the No. 1 attachment (or better with attachment No. 3) vibrate the affected part for two minutes. Where it is more obstinate than usual, firm vibration round the thigh, all over the buttock, and upon the great Sciatic nerve, as shown by crosses on Fig. 1, Diag. A, but especially as shown there by the lines, is advisable for five minutes. Vibration causes an increased flow of blood to the muscles and soft parts, therefore increasing the circulation and removing accumulations of waste tissue and the resultant poisons, the retention of which cause various disturbances of functions.

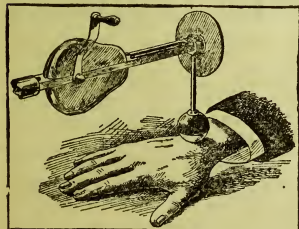
WRITERS' CRAMP,

Telegraphists' and Typists' Cramp, Musical Instrument Players' Cramp, and other "Occupation" Neuroses.

SYMPTOMS.

These, as the names indicate, affect those who are very constantly working with their fingers or hands, producing, first, fatigue of the hand, especially the thumb and first finger. Then follows tremor, with weakness in the hand and a very tired feeling in the affected muscle. In severe cases the skin may become glossy and resemble chilblains. Those who follow any occupation in which there is a constant strain on the muscles of the hand, as for instance, Painters, Telegraphists, Typists, Musicians, etc., are liable to this cramp, but writers especially. The cause, we may conclude, is that the nerves and muscles called into action cannot absorb sufficient nutrition to meet the extraordinary demands made on them. Rest and Vibratory Massage with the Veedee can do much to get rid of the mischief. One very important point is that the treatment should commence as early as possible.

Diag. B.



SPECIAL TREATMENT.

Apply hot fomentations to the hand, then quickly dry, and vibrate gently (with the disc set at No. 1, or $1\frac{1}{2}$, and using the No. 1 attachment) the affected part for three minutes. Then vibrate both sides of the arm from wrist to elbow. Next place the hand on a pillow, palm downwards, and vibrate the Metacarpal Joints, as shown on Diagram B, with Cup and Ball, disc set at $1\frac{1}{2}$ to 2, speed three turns of the small handle

in 2 seconds. Then treat the thumbs and fingers separately, bearing in mind that the particular object in view is to thoroughly expand all the Flexor muscles of the palm.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.

Rev. G. P. Buck, Rector of Belaugh, Norwich.—"I have found the Veedee very useful in many ways, especially for Cramp in the leg, a severe attack of which it relieves in less than half a minute.

[Mr. Buck kindly permits us to refer anyone to him as to the merits of the Veedee, and will be pleased to answer any enquiries. A stamped addressed envelope should be enclosed when writing.]

Miss N. Janotha (Court Pianist to H.I.M. the German Emperor).—"The Veedee seems to hold a spark of the 'Perpetuum mobile' of the universe—I enjoy its delicate and vigorous 'trille' on my hands. With 'good luck' wishes."

And Later.

"I am charmed with the Veedee. It takes away fatigue as well as pain!

"I should recommend it to all piano players, as it gives flexibility to the fingers and infuses suppleness to all the muscles of the arm wrist, hand, and fingers.

"With wishes of good luck."

H. S. Escott, Esq., Kilve Rectory, Bridgwater.—"My grandson, a strong fellow of seventeen years of age, has suffered from acute pain, caused, it is thought, by flatulence in the bowel. The Veedee does relieve this, and after trying London Physicians and Electricians in vain, he has found the greatest help and comfort from the Veedee, so that he is enabled to return to his school, and work with comfort and success."

Sir Herewald Wake, Bart., Courteenhall, Northampton.—"I have had a nasty attack of phlebitis, and though I have only used the Veedee about two days, it has certainly reduced stiffness and pain in moving already. The principle of your capital instrument is sound, and I congratulate you on your success in perfecting it."

Mr. C. S. Bisson, 34, New Street, Jersey.—"Some years ago I became partially paralysed in both legs, so that I could not walk. I was admitted to the National Hospital for Paralysis, Bloomsbury Square, four years ago. I always had a dull, heavy pain at the bottom of the spine, and my legs were always numbed. After a few days' treatment with the Veedee I felt quite another man. Previous to using the Veedee my back was always cold; it is quite warm now, as the blood circulates. The Veedee did what the Electric Battery had failed to do."

Rev. Forbes E. Winslow, St. Leonards.—"I find that your Veedee is of very great service in relieving rheumatic stiffness of the muscles and joints, in stimulating the action of the liver, and in alleviating pains and aches in any part of the body. I can give it my very heartiest recommendation."

Admiral J. W. D. McDonald, King's Mills, Guernsey.—"I have found the Veedee relieve me from stiffness and cramp in the hands and fingers. Please send me some of your papers to give to my friends. I have shown the Veedee to many."

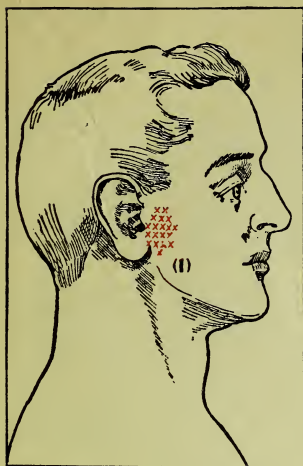
HEADACHE AND OTHER HEAD TROUBLES

SYMPTOMS.

Headache presents many varieties. It may be slight or very intense, superficial or deep seated. It may be more or less confined to particular parts, as the forehead, the temples or back of the head. Sometimes the pain is limited to one spot. It may extend over one side of the head or be generally diffused. Headache presents every variety of character, dull, sharp, cutting, etc. Its accession may be sudden or gradual, and the paroxysms may be of the shortest possible duration or may extend over hours, days or months.

It should be remembered that eye troubles (as errors of refraction), and teeth troubles are often unsuspected causes of local headaches, the cure of which is obvious. It is also not supposed that the Veedee will cure a headache due to poison circulating in the blood. It is par excellence suited for the rheumatic and nerve headaches.

In the majority of cases, the nerves of the head and face constitute the real seat of pain.



SPECIAL TREATMENT.

Set the Veedee at No. $1\frac{1}{2}$ on the disc, using the Cup-and-Ball attachment, and vibrate the painful part, using a rapid vibration of slight duration, leaving off immediately the pain is relieved. Should the pain return (as it most likely will), this treatment should be repeated two or three times, if necessary. It is almost certain that a cure will thus be effected.

In cases of a very obstinate nature it is advisable to also vibrate over the centre of the facial nerves for two or three minutes as shown by Figure 1 on Diagram, using the Cup-and-Ball (No. 4) attachment, with Veedee disc set at $1\frac{1}{2}$, and a rapid vibration.

GENERAL REMARKS.

The patient's habits and mode of life must be strictly regulated, also the bowels, and care must be taken

as to diet, sleep, clothing and exercise, especially if the headache be associated with dyspepsia.

The Rev. W. Hill Murray, of the School for the Blind at Pekin (China), writing to Miss C. F. Gordon-Cumming, College Hill, Crieff, Scotland, says:—"Most hearty thanks for the Veedee. I use it regularly for a short time every night. It gives physical life, and has a fine, soothing effect on my head. All people here are believers in massage. This is a mechanical means of the same."

Mrs. B. Chadwick, Cheadle.—"I have very bad Headaches sometimes. I then get my Veedee, and by a few turns I get relief. I should not like to be without it now. It is worth its weight in gold."

T. McBurnie, Esq., Belfast.—

"Neuralgia and Headaches invariably disappear as if by magic after a few minutes' application."

Ralph Nicholson, Esq., Sheffield.—

"I have been troubled for some time with Headaches, and I am glad to say that the Veedee has been a great boon."

"If I use the Veedee a little daily, it is quite sufficient to keep them off, and if I at any time don't bother to use it, and I find a headache coming on I can drive it away with the Veedee. I have also found it useful for Rheumatism."

DEAFNESS.

SYMPTOMS.

Deafness may be grouped in three classes:

- (A). Partial or complete loss of hearing.
- (B). Exalted hearing (so called).
- (C). Perverted hearing.

In the great majority of cases Deafness is due to Catarrhal causes, and the first warning a patient has is noises in the head, which may exist an indefinite time without any Deafness whatever. The noises are at first occasional, afterwards they become more prolonged, with short intervals between the attacks, and then deafness begins to make itself evident. Deafness, though, may supervene first, and much giddiness may be felt. Unfortunately for the patient, deafness generally comes on without pain, and one ear only is affected. Later on the sound ear may become affected, and the deafness is still more marked.

By far the greater proportion of cases of curable Deafness are caused by troubles of the middle ear, due to the thickening of the tissues and adhesions fixing the small bones (Ossicles) together, thus preventing their natural Vibration.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.



**SPECIAL
TREATMENT.**

Take the Veedee and set the disc at No. 2, and fit it with the Cup-and-Ball attachment.

(1) Now apply the Cup-and-Ball to the nape of the neck as Figure 1 on Diagram, and turn gently, gradually increasing the rapidity for one minute.

(2) Next apply the Veedee to the bone behind the ear, as Figure 2 on Diagram, in the same way and for the same length of time.

(3) Afterwards vibrate over the orifice of the ear, as shown by Figure 3, for two minutes. Be careful to hold the Veedee steady, and if the Vibrations are too strong, they must be reduced by altering the disc to 1 or $1\frac{1}{2}$. The duration of the application of the Veedee is not to exceed four minutes at one sitting.

It must be repeated morning and evening. Twice a day will be sufficient.

Mrs. Clifford Hallé, Fyfe Villa, Shepperton-on-Thames.—“I bought the Veedee for my mother's rheumatism, and my own deafness, from which I have suffered many years. It has not only helped my deafness, but has made a new woman of me as far as my general health is concerned. I had suffered from Vertigo—through the deafness—for three years. None of the Specialists I had consulted could help me, and the attacks came on suddenly, threw me down like a log, and kept me helpless for hours. You can understand my gratitude when I tell you that if I get an attack now it is so slight that I can forget it. I do not think you require a better proof of my belief in the Veedee, when I tell you ten of my friends have become purchasers at my recommendation, and they all say the same thing—that they love the Veedee, and could not do without it.

“The Ear and Throat Specialists, who previously told me my hearing was hopeless, now say there is a great improvement in my ears and throat, and that I am to keep on steadily with the treatment. As only the deaf can realise what it means to be deaf, they alone can understand my joy of finding something that does help me. But neither they nor I must forget that an illness that has been with you for years cannot be cured in a few weeks. I shall be content if it takes a year.”

[Mrs. Clifford Hallé kindly permits us to refer anyone to her as to the merits of the Veedee, and will be pleased to answer any enquiries if such are accompanied with a stamped addressed envelope.]

R. L. Barr, Esq., Kalmalcolm, N.B.—“The Veedee was a help in improving my hearing.”

Miss Mason, Prince's Avenue, West Kirby.—“I am using the Veedee for Deafness. I have not been able to hear (with one of my ears) for the last ten or fifteen years, and now I can hear my watch ticking. It seems so strange after being deaf so long. I think the Veedee is a most wonderful machine, and I would not be without it on any account.”

W. Norman de Lange, Esq., Mustaphir-Garh, Newbridge Park.—“My sister has been deaf in the right ear for years, but since using the Veedee finds that she is gradually getting back her sense of hearing; and I have another case in which I am interested for it affects the future of a young lad. I treated him with the Veedee. Six or eight weeks ago he could not hear within three feet, now he can hear twenty feet away, and he responds as if his full sense of hearing is restored.”

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

Dr. — (M.D., M.R.C.S.), writes :—
“As a specialist for Deafness, I anticipate great things from the Veedee, which arrived safely to-day. I shall be glad to report results later on. Vibration treatment is not new, but the old Vibrators were expensive, driven by electricity, and unwieldy. This new instrument will revive the treatment.”

Mrs. L. Saville, Headingley.—“I have been using the Veedee for about three months, and have derived the greatest benefit from it for Nervous Deafness, and shall recommend it to all my friends.”

SPRAINS AND STRAINS.

REMARKS.

The more movable a joint, the more liable it is to dislocation. The ankle, wrist and fingers, are more liable to sprains, the shoulder and elbow to dislocation. Sprains are always attended with great pain, and the affected part is always very tender.

SPECIAL TREATMENT.

When vibrating, handle the limb firmly and cautiously. In sprains and strains it is very necessary to begin with careful and gentle vibration. The Cup-and-Ball attachment should be used and the Vibrator set at No. 1 on the disc, and it is very important that the strength of the Vibration should not be increased until most of the swelling has gone, and the operator must be very careful to work upon every part in the neighbourhood of the joint, vibrating very gently. Then commence vibrating the muscles and tendons round the joint.

Vibration educates the morbidly affected muscles, by systematic exercise, and converts abnormal into normal action.

Before vibrating place the affected part in a bath of hot water, with a little turpentine, and in the case of a sprained ankle apply hot fomentations to the calf and knee for ten minutes. Then quickly dry the limb and commence with the Veedee.

It is always advisable to allow three days for the swelling to subside before commencing to use the Veedee, and the best time to vibrate is during the morning and on retiring to rest at night. Twice a day is quite sufficient.

C. B. Fry, Esq., the well-known Athlete, 12 Burleigh Street, Strand, W.C.—“I am pleased to tell you that I am aware of the value of the principle of vibration in the treatment of athletic accidents.

“Your Veedee is a wonderful mechanical device for putting into use this principle, and I am pleased to recommend the Veedee as of very real value.”

Captain J. E. Aitken, Nisbet Duns, N.B.—“I find the Veedee a most useful instrument, especially in my case for a long seated sprain, which often bothered me when walking over rough ground, but which I found I could relieve greatly with the Veedee; in fact, it does not bother me now.”

Captain G. A. J. Godbold, Sports Club, St. James's Square, W.—“For strains of muscles and ligaments the Veedee seems invaluable.”

James Philip, Esq. Manager and Secretary **Aberdeen Football Club Ltd.** —“The Veedee which we purchased from you about a month ago has been almost in constant use by the trainer of our club. He informs me that he has been using it with most beneficial results to the players who are from time to time injured while playing football, and more especially in case of hurts where it required a long period of rubbing and attention in the ordinary way of treatment.”

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

NEURALGIA.

SYMPTOMS.

NEURALGIA is a term applied to paroxysmal pain affecting the sensory nervous apparatus, and is for the most part unilateral, and follows in the course of a nerve or its branches.

After some little preceding numbness, pain is felt, which at first may not be severe and ceases quickly, but returns in a few seconds or minutes, lasting for a short time and then recurring. These darting pains revive with shorter and shorter intervals, so that in a little time the pain may be almost continuous.

SPECIAL TREATMENT.

Set the Veedee at No. 2 on the disc, using the Cup-and-Ball attachment, and vibrate the painful part, using a rapid vibration of slight duration, leaving off immediately the pain is relieved. Should the pain return (as it almost certainly will do after half a minute or less) proceed as before, and again, should a third application be necessary. It is certain that the pain will thus be stopped, and it is almost certain that a cure will thus be effected.

GENERAL REMARKS.

In all forms of NEURALGIA it is necessary to pay strict attention to the general health and the state of the bowels. When suffering from Malnutrition, the diet should be ample and nutritious, and include a fair amount of the fatty element in the form of Cod Liver Oil, Butter, or Cream. The teeth should be seen to be in good condition, and if anæmia is present, suitable treatment for that complaint is necessary.

W. Gibbald Johnston, Esq., Kiltonga, Newtownards.—“I got the Veedee, as I believed it would be good for Neuralgia, from which one of my daughters frequently suffers. Since getting it she has only had one or two attacks, and we are of opinion that the use of the Veedee stopped it becoming acute on each occasion.”

H. J. Stanbury, Esq., “Devonia,” Bournemouth.—“I have used the Veedee on numerous friends for Neuralgia. They all say it immediately relieves them from pain.”

Miss Laity, 2, Harriet Place, Falmouth.—“I am delighted with the Veedee, and have got great comfort from the use of it. I have suffered intensely from Neuralgia, and I’ve not had it since using this grand cure you have given to those who will get it. I can’t tell you how it has eased my aching head, and the deafness or stuffed-up feeling of my ears. I’ve had Influenza fifteen times very badly. The Veedee is indeed a great comfort.”

John Hampson, Esq., 48 Grosvenor Road, Ilford.—“I can testify to the excellent results of using the Veedee in several cases of friends suffering from Facial Neuralgia. After three minutes’ application it has driven the pain completely away, much to their astonishment.”

T. McBurnie, Esq., 48, Oldpark Road, Belfast.—“Neuralgia and Headaches invariably disappear as if by magic after a few minutes’ application.”

Miss A. S. B. Martin, Matron, Nursing Home, Bedford Hill, S.W.—“We have used your Veedee in every case with grand results. I think it is specially beneficial in cases of Neuralgia and painful Gouty joints.”

Rev. E. D. Annand, Finedon, Wellingborough.—“I have frequently used the Veedee for severe colds causing Neuralgia, Headaches, etc., and have found the same very beneficial.”

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

NEURALGIA—continued.

Ellis Hicks Beach, Esq., Imber Cottage, West Byfleet, Surrey.—“I bought the Veedee chiefly for my wife's Neuralgia, and if your directions are followed there is no doubt that it relieves and eventually gets rid of the attack.

“I do not think that my wife has had so many attacks since she has used the machine, and I must say that I think the Veedee has, in her case, been a great comfort, and we are extremely pleased with it.”

Mr. T. J. Gibby, 65, Mill Street, Trecynon, Aberdare.—“I tried the Veedee on my sister who was suffering acutely with Neuralgic pain in the head, and to our surprise and satisfaction it gave her instantaneous relief.”

A. Gardner, Esq., 93, Ebury Street, S.W.—“I am glad to tell you that the Veedee Vibrator has been the greatest comfort to me and has prevented attacks of Neuralgia several times, from which I have suffered terribly, in fact, I have not had a bad attack since I had the Vibrator, and it has also stopped Colds in the Head, Gouty Pains in my Finger Joints, and Rheumatism in my Ankle.

“Several people have ordered the machine since seeing and trying mine.”

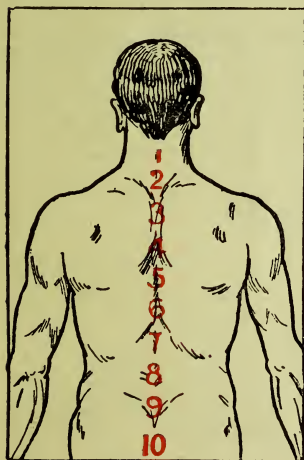
G. J. Clarke, Esq., 8, Buckingham Gardens, New Shoreham.—“I have tried the Veedee in two cases of Neuralgia, and its effect was at once felt. The pain, which had been very bad for two hours, was entirely gone after one minute's application, and did not return.”

NEURITIS.

(Inflammation of a Nerve or the Sheath of a Nerve).

SYMPTOMS.

The symptoms of NEURITIS will necessarily vary very much, according to the function with which the affected nerve is concerned. There may be impairment of special or common sensibility, or pain may exist with more or less distinct tenderness along the course of the nerve, or at its point of emergence from some bony canal. In these cases the pain is generally spasmodic and neuralgic in its character, and as a rule it will readily yield to vibration.



SPECIAL TREATMENT.

Set the Veedee at No. 2 on the disc, and with No. 1 attachment (or better, No. 24, see page 43), vibrate (turning sharply about three turns in two seconds) the centre of the spinal cord from which the affected nerve is given off for two or three minutes.

In cases which are not very acute and the region not too tender, gentle local vibration over the nerve itself should prove useful too.

The best time to use the Veedee is when rising in the morning and retiring to rest at night. It is most satisfactory to have the Veedee applied to the bare skin; a thin garment may, however, be worn, but no corsets should be kept on during treatment as they destroy the exactness of the Vibration of the Spine. The proper position to be in is lying down with all the muscles of the back at perfect rest, and it is best to be face downwards while the Veedee is applied to the Spinal Nerves. Veedee Vibration presents what is almost certainly the best

available treatment for the relief and cure of Neuritis.

The accompanying diagram will assist in indicating the position of the nerve centres controlling the various parts of the body.

If the pain is in the Neck or Shoulders vibrate from 1 to 4.

“ “ “ Arms “ “ 4 to 8.

“ “ “ Lower Limbs “ “ 8 to 10.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

Rev. George Fletcher, M.A., Wesleyan College, Richmond, Surrey.—“I have been using the Veedee for some time and have derived great benefit from it, especially in promoting recovery from a painful nerve affection of the left hip, of the nature of Neuritis. I was slowly improving when I began to use the instrument, and have found it helpful in lessening pain and in improving the tone of the affected parts. I feel sure from my experience that the instrument is of great value.”

H. J. Stanbury, Esq., Bournemouth.—“I consider the Veedee a grand instrument. I find it benefits me greatly. I suffer from Neuritis.”

And Later.

“I find it particularly beneficial for Neuritis. It is an excellent palliative for the Nerves.”

Dr. —(M.B.), Glos., writes :—“Many thanks for Veedee. So far, I have found it gives relief in various forms of Neuritis, e.g., in a case of Sciatica of several months' standing it relieved the pain, and eventually the patient got quite well without other treatment. In another case of Neuritis of the cervical nerves the patient said it was most soothing, relieving the pain and enabling her to go to sleep.”

Hon. R. H. Eden, Corwen, Merioneth.—“I used the Veedee for Neuritis, and it certainly did me good.”

And Later.

“I have no objection to your publishing that I received relief from the Veedee.

“I had an application for it, from our Postmaster on Tuesday, who was in agonies from Neuritis, and had not slept for two nights. He says that half an hour after using it, he had two hours' sleep. And then he used it again, and slept for three hours more.”

Rev. M. Curwen, Kirkbythore, Penarth.—“I have great pleasure in being able to state that I have found the Veedee of great benefit in my case. I have been suffering from acute Neuritis in my right arm and hand for seven months, and everything was tried for it. I quite lost the use of my hand, but since using the Veedee the numb feeling is going from my fingers, and when the pain comes on it stops it at once.”

Lord Ernest Seymour, Kenilworth.—“I beg to state that Lady Ernest Seymour constantly uses the Veedee for Neuritis in her arm, and finds it diminishes the stiffness and pain.”

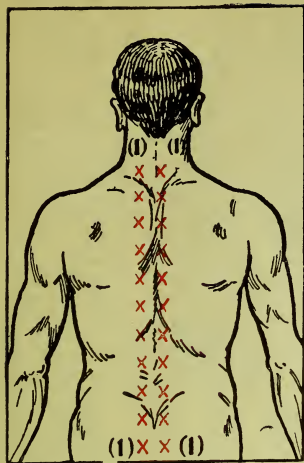
PARALYSIS.

SYMPTOMS.

Paralysis or Palsy means the loss of power of muscular action due usually to interference with the nervous system. Paralysis here is restricted to loss of muscular power.

Various stages of Paralysis or progressive muscular atrophy which have until recently been considered incurable, have yielded in almost a marvellous manner to systematic vibratory massage with the Veedee, which arrests the degeneration of the nerve and muscle generally caused by the defective nutrition sometimes arising from cold, disease, poison circulating in the blood, hysteria, etc. Wasted condition of the muscles from disease will come under this category.

Experience shows that even old cases of Paralysis are very often improved and sometimes completely cured by vibration. Its advantages consist of being able to work upon the entire nerve system as soon as the least activity is apparent in the affected part. Vibration stimulates directly the sympathetic nervous system, thus increasing secretion and reflexly the activity of involuntary muscle fibre, and so relieving various functional derangements.



SPECIAL TREATMENT.

Suppose, for instance, in a long standing case, the lower limbs are affected, the Veedee, set at No. 2 on the disc and with No. 1 attachment, should be applied with firm pressure over the entire limb from hip to heel, not allowing an inch to escape, for ten or fifteen minutes. Afterwards, with the Veedee set at 1½ on the disc, vibrate over the rest of the body more gently, and lastly, vibrate with the No. 24 attachment the spine from top to bottom as shown by Figures 1 on Diagram.

For milder cases the Veedee should be applied with only slight pressure, and the muscles of the leg lying behind the patella (knee cap) should be vibrated thoroughly.

Reason will point out that the upper limbs if affected must be treated similarly.

The best time to use the Veedee is when rising in the morning and retiring to rest at night, and it is most satisfactory to have the Veedee applied to the bare skin; a thin

garment may, however, be worn, but no corsets, as they destroy the exactness of the Vibration of the Spine. The proper position for the patient to be in is lying down with all the muscles of the body at perfect rest, and it is best to be face downwards while the Veedee is being applied to the Spinal Nerves.

W—D—, 41 Mark Street, Bradford.—“Regarding the cure of my baby daughter to which I referred the other day, the circumstances are as follows :—Having bought a Veedee for my wife’s Rheumatism with very satisfying results, I found it comforting to other members of my family also. Soon after its purchase my baby girl fell very ill, and a serious development of her illness was losing all use in her legs, which she never moved for something like two months. Happily I thought of the Veedee, and after consultation with my wife, we decided to try it. It was applied to her back, each side of the spine, and to her legs and soles of her feet for about a week, and about twice daily for fifteen minutes. Its first application was interesting from the fact that baby (who would be eight months old) evidently enjoyed its application to her back, and it was amusing to see her trying to look round to find where the hum and the sensation came from. Well, I have much joy in stating that slowly at first, and then all at once, the power to move her legs came back, until now she is vigorous in the highest degree. I have no hesitation in declaring that your Veedee brought about

this healthy condition. I am more than satisfied with the money laid out in a Veedee and bless the day I ever bought it. Use this letter in any way you like.”

R. L. Brice, Esq., Whitley Bay.—

“I have had one of your Veedees in use for some little time, and have found it very useful in relieving cases of Rheumatism and its kind. Have also tried it in a case of Paralysis of long standing, and it has afforded great relief.”

Mrs. Zelig Layton, Masseuse, Windsor

—“I am finding the Veedee beneficial for a little girl of 2½ years of age, who has Infantile Paralysis, and, of course, at one time was quite helpless. Before long I quite hope to see her walking again. She has used the Veedee nearly every day for three months, and we have had most encouraging results.”

N. H. Alexander, Esq., 166, Buchanan Street, Glasgow.—

“I injured one of my spinal nerves, which affected a part of my hip and right leg, causing an uncomfortable feeling of numbness. The use of the Veedee dispelled this.”

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

PARALYSIS—continued.

A. Ross Patterson, Esq., Banchory, N.B.—“I have used your Veedee on myself for sluggish liver, chronic inveterate dyspepsia, rheumatism (muscular, cardiac, right shoulder joint) and also for gout (chronic) in right thumb, which has had the miserable effect of preventing me from writing a letter, friendly, professional or business, now for years past, unless with a pencil. Daily use of your Veedee, however, has enabled me to resume the good old steel pen once more, aye, and the grey goose quill for the matter of that as well.

“I have also tried the Veedee on a lady suffering from some paralysis on the left side, of considerable duration, with most gratifying and en-

couraging results. Such has been my experience so far of your valuable medical instrument, which I hope has a successful future before it.”

And Later.

“In reference to the last letter I had the pleasure of addressing to you, I had no notion of any but your own eye seeing it, and so scribbled it off at random; but if you care to use it for the benefit of unfortunates who have yet to make acquaintance with the Veedee, you have my ready permission to use the letter as you desire. My digit has been restored to me again, almost to its full function.”

OBESITY

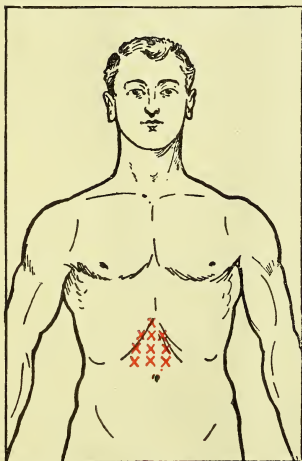
(General and Local).

SYMPTOMS.

In General Obesity all the organs tend to be hampered in their work, hence no special symptoms can be enumerated.

It is in the cases where fat is increased much locally that vibration can do most, though vibration by stimulating the natural chemical changes tends towards the absorption of fat anywhere. In Abdominal Obesity there is the tendency to weak and flabby abdominal walls, with obstinate constipation and an unsightly figure.

That troublesome feature of Local Obesity, known as **Double Chin**, is peculiarly susceptible to effective cure by the Veedee. For special treatment of Double Chin, see page 38.



SPECIAL TREATMENT.

The Veedee should be applied with deep pressure and high speed (two turns in three seconds) over the part where the Obesity is most evident. For abdominal Obesity attachment No. 3 will be found best.

Since the sympathetic nervous system governs the functions of nutrition of the body, vibrate with good speed and deep pressure over the solar plexus (as shown on Diagram).

For the removal of superfluous fat it would be difficult to use the Veedee too many times a day.

DIET AND GENERAL HYGIENE.

An active open-air life is most important, with regular Turkish Baths and short hours of sleep. Soups, oily dishes, pork, goose, farinaceous puddings, potatoes, pastry and sweets, should be forbidden, or almost so. Cream, milk and butter in Any liquid taken should not exceed two

moderation. No malt liquors. pints per diem.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see “General Note” on page 43.

Dr. — (M.B., M.R.C.S., &c.) writes:—"H. S. R., at 44 years, treated by the Veedee for the local reduction of adipose tissue in the upper abdominal region. Marked reduction of the girth was obtained in two or three weeks. This vibratory movement seems to be

one of the best ways of aiding fat absorption."

Mrs. Lynch, Barna House, Galway, Ireland, writes:—"The Veedee has proved very useful as a reducer of fatness."

GOITRE.

Diag. A.



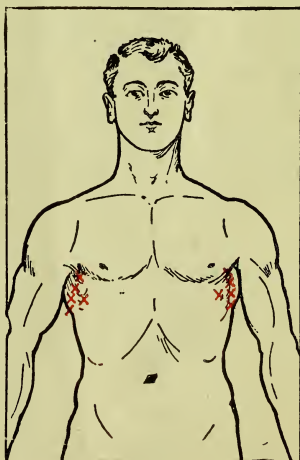
SYMPTOMS.

Goitre, or Derbyshire neck, as it is known to many, is an enlargement of the thyroid gland—a gland situated in the neck and producing a secretion playing an important part in the normal changes of the tissues. The cause of Goitre is shrouded in mystery, but local conditions, such as water, are by many supposed to exert some causative effect. The symptoms of Goitre are a swelling, more or less pronounced in the thyroidal region of the neck, which during the act of swallowing moves upwards, creating a sense of fulness in the neck and throat. No great discomfort is experienced other than that caused by the weight of the Goitre, and the condition rarely results in an unfavourable termination. A cure, in most cases, is possible, and the Veedee, when used according to the directions set forth below, generally proves itself effective.

Diag. B.

SPECIAL TREATMENT.

The Veedee should be set at No. 1½ on the disc, and the No. 3 bent stem attachment fixed. The swelling should be pressed gently upward in the curve of the attachment (as shewn in Diag. A.), and the crank of the Veedee turned at medium speed. This has the effect of loosening up some of the congested condition present in the Goitre. Now comes the really essential part. Dr. Pilgrim, one of the greatest authorities on vibration, says, in his book, that Goitre is rarely cured if the Goitre itself alone is vibrated, but that he has never known an instance which he failed to cure, if, in addition to the above, vibration was also applied to the axillary glands. These glands are situated under and in front of the armpits and extend a little from there inward towards the neck (see Diagram B). The object of these glands is to drain the part of the neck where the Goitre is situated. If, therefore,



GOITRE—*continued.*

after vibrating the Goitre itself, the axillary glands are also vibrated and so stimulated, they drain away the product of the vibration which has previously been applied to the Goitre itself. If this treatment is applied morning and night, for a few minutes every day, it will hardly ever be found to fail to effect a cure.

DIET AND HYGIENE.

Sufferers from Goitre, if they have reason to suspect the drinking water of the district in which they live, should endeavour to make it convenient to move to a totally different locality, but if that is impossible, the suspected drinking water should be boiled. The wearing of anything tight round the neck, the carrying of anything weighty, and the climbing of hills and steep inclines should be avoided.

IMPORTANT NOTICE.—To get the full benefit of Veedee Vibration treatment see "General Note" on page 43.

OTHER COMPLAINTS.

Besides the troubles mentioned in this little book, there are many others that yield to the benign influence of the Veedee. Some are simple ailments that afflict nearly all mankind at one time or the other, the method of treatment being so obvious that it can be instinctively applied by all, while others are complaints of a more complex nature. Amongst the latter may be classed practically all affections of the Heart, Varicose Veins, and Prostatic Debility. They can all be treated successfully with Veedee Vibration, and in many instances the results are marvellous, but being so complex, no set rules can be laid down for the application of Veedee treatment, as only a personal knowledge of the particular features of each case can guide one correctly. It is therefore necessary that the advice of a qualified medical man be first obtained before one applies Veedee Vibration in such cases. Piles by the bye can be greatly relieved and generally ultimately cured by carrying out the instructions given under the sections "Liver" and "Constipation."

Special attachments for the application of Veedee treatment in these afflictions are made, the No. 22 being used for direct stimulation of the Prostatic Gland, while the No. 13 is specially made for Heart Troubles. The No. 23 attachment is for vibration of the Uterus.

There are, of course, many other complaints that can be treated by the Veedee, and if sufferers will give particulars of their trouble and for which they desire advice, we shall always be pleased to give them the benefit of our experience. It is our desire to make the Veedee known in every home, and it is only by means of the co-operation and experience of the Veedee Users that we can accomplish this object. Many most successful results have been communicated to us by the users of the Veedee, whose experience has given us the opportunity of giving other sufferers a wealth of information, and consequent relief, ease and comfort. To all who, in the past, have helped us in this direction we tender our heartiest thanks.

THE VEEDEE AS AN AID TO BEAUTY.

POPE it was who said that "Beauty draws us by a single hair," and this one sentence singularly emphasizes the influence that personal beauty, apart from the beauties of inanimate nature, has on man. To a woman Beauty is essential if she would win that place in society or in business that her heart so craves. Women cannot afford to be plain, and it behoves them, one and all, to expend the maximum of time, money, and thought to the attainment of a more perfect complexion, form and feature.

Veedee vibration provides an ideal means of attaining Beauty. For the eradication of wrinkles, the reduction of superfluous flesh, and the cleansing of the complexion, it has proved itself of inestimable service, and few there are, who, having tried the Veedee, have not a good word to say for it. Amongst its users may be mentioned :—

HER GRACE THE DOWAGER DUCHESS OF ARGYLL.

LADY ARMSTRONG.

LADY BUNBURY.

THE HON. MRS. R. BELLEW.

LADY EMILY H. BURY.

LADY MARCUS BERESFORD.

THE COUNTESS OF CARDIGAN.

DOWAGER LADY BORTHWICK.

LADY HELENA CARNEGIE.

THE HON. MRS. H. BROWNE.

THE COUNTESS OF CAVAN.

THE HON. MRS. BOURKE.

COUNTESS OF CHARLEVILLE.

LADY BRASSEY.

LADY BANCROFT.

LADY DE BATHE (Mrs. Langtry).

The methods for using the Veedee for Beauty culture are set forth in the following pages. They will be found by no means difficult of understanding, and there is only one essential necessary beyond these instructions to make Beauty possible for all. That essential is perseverance. Persevere with the Veedee, and you must succeed.

PROMOTING HAIR GROWTH.

A few seconds' reflection will shew, beyond the shadow of a doubt, that Veedee vibration must be naturally about the very finest "hair drill" in existence; in this way Veedee vibration is the equivalent of exercise or massage, in that it, by increasing the circulation of the blood, vastly increases the supply of nourishment to the part where it is applied. Now if you, say with the rubber ball (No. 4) attachment, or better with the spongy rubber (No. 20) attachment, vibrate all over the top, sides and back of the head, if there is the slightest hope in the world of getting the hair to grow there again the Veedee will make it grow, or if the hair is falling it will certainly stop it, or if there is nothing the matter with your hair, but you simply wish it to grow longer and finer, then there is no better means in existence than the Veedee. Set the machine at $1\frac{1}{2}$ to 2 on the disc, and turn the crank handle quickly, i.e., 30 to 40 times a minute.

Messrs. John Blair & Sons, Chemists, Cork, write :—"The Veedee is an excellent restorative for the hair. A client of ours has developed quite a crop since using it for Neuralgia of the head."

DOUBLE CHIN.



There is no single thing that can absolutely ruin the good looks of an otherwise pretty woman so much as a double chin. From, say, 35 years old, it is a growing terror with hundreds of thousands of women, and yet in the Veedee there is an absolutely certain means of doing away with double chin, and that naturally and safely. To achieve this end how many women before now have taken drug preparations, tablets, etc., etc.? These things, in practically every case, are extremely dangerous, in that, even if they do reduce the double chin, they at the same time practically shrivel up and do away with every one of the lymphatics in the body, thus upsetting the entire physical economy, and often irretrievably

ruining the constitution of the unfortunate and misguided user of such things. Look, on the other hand, at the natural, common-sense way in which the Veedee cures double chin. Take a Veedee, and put into it a No. 3 attachment preferably with a bent stem, as specially made by us for this purpose (see illustration). The lady rests her chin lightly and loosely in the curve of the attachment, with the Veedee set at No. 1, and then quickly turns the handle. The action of the Veedee Vibration in this connection is to just exercise away the double chin, thus not only removing the superfluous fat, but giving firmness and tone to the muscles of the chin and jaw on which so much of the beauty of that part of the face depends. There is not a lady alive who fears double chin, and who could put her hands on the money, who would not instantly purchase a Veedee and use it as above, if she only knew the simple truth about its splendid use and efficacy for this particular purpose.

WRINKLES.

The almost universal cause of Wrinkles (apart from frowning) is the shrinking of the muscles below the skin, which comes on at a certain time of life. If you can only strengthen and plump out those underlying muscles, you will naturally straighten out the wrinkles in the overlying skin. If you take a plump, rosy apple, fresh from the tree, its skin is as smooth as you wish yours to be. Set that apple on a shelf for a month, and its skin is all wrinkled, because of the drying-up, and so shrinkage, of the underlying pulp. You cannot plump out the apple again, and so smooth its skin, but you can plump out your own muscles, and so remove your wrinkles, and the Veedee can do it for you. Put into the Veedee the cup-and-ball (No. 4) attachment, or, better, the spongy rubber (No. 20) attachment, set the disc of the Veedee at No. 1, and turn the handle of the machine quickly, passing the attachment slowly across the line of the

wrinkles—never along them. By so doing two or three times a day, for a few minutes, you so increase the circulation into the muscles underlying the wrinkles as to build up those muscles in size, and thus, naturally, your wrinkles disappear.

For Crow's Feet—those irritating little wrinkles about the corners of the eyes—place the cup-and-ball of the Veedee on the outer side of the eye and work the crank very gently, keeping it quite firm upon the skin.

A CLEAR, TRANSPARENT COMPLEXION.

Complexions differ in colouring with individuals as the skin in texture, but a clear, transparent skin, be it blonde or brunette, is within the reach of all who will conscientiously use the Veedee for a few minutes daily. A muddy complexion will mar the beauty of the most perfect features, and is caused simply and solely through lack of proper circulation in the tiny blood-vessels beneath the skin. Hand massage renders the skin rough and red. Veedee Vibration does neither. It wakes into life all the dormant blood vessels, and so gives a clear, healthy, transparent appearance to the complexion.

Before using the Veedee, sponge the face with clear cold water, dry gently with a soft towel, and apply the "cup-and-ball" (or better, the No. 25) attachment to every portion of the face in turn, when an invigorating glow will be felt all over it.

TO THE PALE.

Pale women who desire the faint, wild-rose blush of youth upon their cheeks should apply the Veedee to them for about five minutes two or three times daily, changing from cheek to cheek so as to give the hand working the crank a rest.

CHILBLAINS

—the bane of so many women, the ruination of many an otherwise pretty hand—can be cured in a few days by the Veedee. Chilblains are indirectly caused by poor circulation, and Veedee vibration assists circulation as no other known means can possibly do. It does not injuriously affect the skin, as many of the cures sold for chilblains do: it simply strikes straight at the root of the evil and removes it.

BRILLIANT EYES.

Who does not admire the beauty of a brilliant, flashing eye, expressing every passing emotion, showing health and happiness by its sparkle? Without acting directly upon the eyes, the use of the Veedee when applied to the face or any part of the body, gives such a tone and vitality to the entire system that a brilliant dazzling eye is the inevitable result.

To be beautiful, one must be healthy. The languid, ailing beauties of our grandmothers' days are things of the past, and the beauty of to-day must be also a picture of health, breathing vitality and the "joie de vivre" from every feature. Veedee vibration gives this vitality, and gives it without unnecessary exertion or fatigue.

DEVELOPMENT OF THE BUST.

The breasts should be first bathed in warm water, dried, and then vibrated by means of the cup-and-ball attachment. Gradually work round each breast in an upward direction for ten or twelve minutes, morning and evening, the while practising the following exercises :—

Stand in a perfectly upright position and take deep, long breaths, inhaling them as slowly as possible, and exhaling them equally so. They should be held for as long as possible before exhaling.

NO ALTERATION IN DIET is necessary whilst undergoing the above treatment, but we must emphasize the fact that a rich and too plentiful diet is far from being ideal for the woman who would possess Beauty.

BEAUTY OF FORM.

As the years pass over our heads, and the summers come and go, two evils threaten the woman who wishes to remain young and attractive. Either she becomes thin and scraggy, or she "puts on flesh" too rapidly. For both of these there is a cure in Vibratory Massage. It may seem strange to the reader that what will cure one will do equally well for the other. But a few minutes' consideration will easily prove how this is the case.

The "too thin" or "too stout" person is abnormal. The Veedee brings about a normal condition, reducing the flesh of the "over stout" and filling up and rounding out the person who is "too thin."

A thin, scraggy form is due to the shrinking of the muscles and fatty tissues beneath the skin, owing to the loss of proper exercise and stimulation. The Veedee acts directly upon these muscles and tissues without any exertion on the part of the user, and thus builds up both muscle and tissue, giving roundness and suppleness to the figure.

TO FILL OUT THE HOLLOWES OF THE NECK.

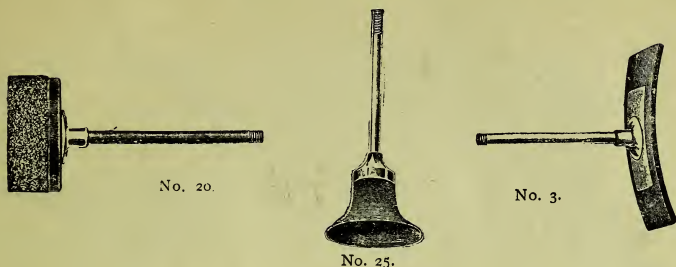
Bathe with cold water and apply the cup-and-ball attachment of the Veedee right across the "collar-bones," moving it from side to side, from shoulder to shoulder, keeping the crank in motion all the time. From ten to fifteen minutes in the course of the day will be ample to effect a permanent result in a short time, and half of the stated time may be given as a treatment during the evening toilet and the other half in the morning.

The exercise recommended to be used in the "Development of the Bust" may also be indulged in with advantage, while the avoidance of a too-thick or heavy covering of the neck is in certain cases to be recommended.

THIN ARMS.

A pretty rounded arm is essential to the smart Society woman who is constantly required to don evening dress. Veedee vibration quickly changes a thin, scraggy arm into one which is plump and rounded. (The No. 25 Attachment).

THE THREE BEST ATTACHMENTS FOR GENERAL TOILET PURPOSES.



Amongst the attachments made specially for the application of "Veedee" Treatment, there are some particularly suitable for the massaging of the face, head and hair.

One of the most successful of these is the No. 20 (see illustration above) it being particularly useful to those who use the "Veedee" for Toilet purposes. It is made of soft, spongy rubber. It enables its user to not only apply vibration to the head, face and neck, but at the same time to give to the skin the kneading "pull-and-push" effect that is given, but in so much less effective a way, by the fingers of the masseur or masseuse. Every owner of the Veedee who desires to secure its toilet uses to its full should certainly have a No. 20 attachment.

Another very useful attachment is the No. 3 (see illustration above) which is absolutely essential in the treatment of Double Chin and in general Obesity, it being made so that it will practically fit every part of the body, about which adipose tissue is likely to accumulate. This attachment is made both with a straight and with a bent stem; the purpose of the latter being to facilitate its use under certain conditions, such as vibrating the Chin, where the straight stem is hardly practicable. The illustration in the chapter on this trouble (page 38) will show how this bent attachment is used.

The No. 25 has become a necessity for every lady. This attachment is shaped like a bell and is made of the best India-rubber. It produces a partial vacuum on any part of the skin, thus giving a slight pull on the flesh, bringing the blood to the surface, toning the flesh up and so stimulating it that it fills out and becomes plump. Thus wrinkles, crowsfeet, and such like disfigurements are eradicated, while relief from black-heads and pimples is quickly obtained.

Every lady owning a Veedee should at once obtain one of these No. 25 attachments, for its uses are manifold. For the producing of a plump figure, filling out hollows in the neck, development of the busts, and, in fact, wherever it is desired that gentle yet effective vibration be used, this attachment is essential.

Another very useful attachment which ought to be better known, though it has no particular TOILET use, is the No. 14, (see page 45) which for public speakers, teachers and others who suffer from relaxation of the Throat and troubles of the Larynx, will be found of great service; stimulation of the Throat by means of this attachment curing the worst cases. It is also made with a bent stem, which is the best shape for self application.

For prices of above attachments see price list page 44.

NOTE.—The Adjusting Cone (see page 7) is required for the proper fixing of both the No. 3 and 14 attachments.

Table of Principal Nerve Centres.

Figure 1.

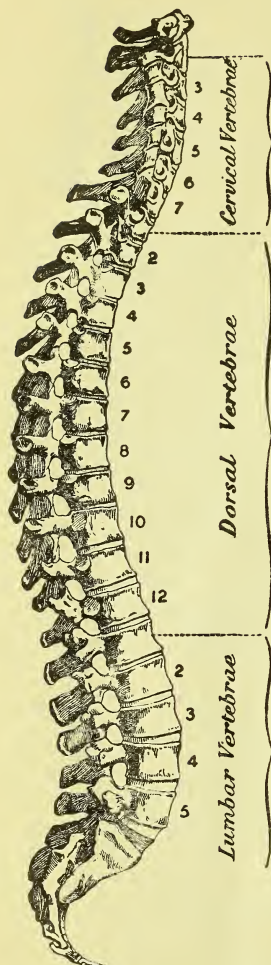


Figure 2.

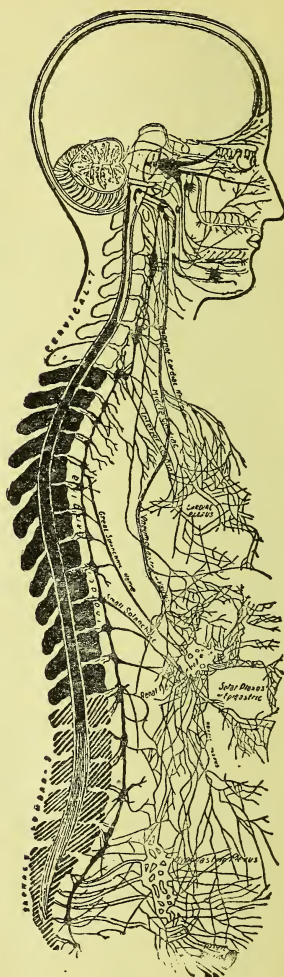


Figure 3.



FIGURE 1 gives a view of the spine showing the different vertebrae.

FIGURE 2 shows the principal distribution of the nervous system, and the origin of the nerve centres in the spine.

FIGURE 3 is one vertebra of the spine in which A and B are transverse processes.

Table of Principal Nerve Centres.

(see previous page).

NAME OF PART.	NAME OF CENTRES.
HEAD AND NECK	3rd cervical to 5th dorsal, inclusive.
ARMS	3rd to 7th dorsal, inclusive.
HEART	3rd cervical to 5th dorsal, inclusive.
LUNGS	3rd to 7th dorsal, inclusive.
STOMACH	2nd to 9th dorsal, inclusive.
SPLEEN	3rd dorsal to 1st lumbar, inclusive.
LIVER	3rd to 11th dorsal inclusive.
PANCREAS	5th dorsal to 1st lumbar, inclusive.
KIDNEYS	4th dorsal to 4th lumbar, inclusive.
BLADDER	11th dorsal to 4th lumbar, 2nd to 4th sacral, inclusive.
PROSTATE	Lumbar and sacral nerves.
UTERUS AND VAGINA	Lumbar nerves.
EXTERNAL GENITALS	12th dorsal and lumbar nerves, 2nd to 4th sacral, inclusive.
INTESTINES	6th dorsal to 1st lumbar, inclusive.
COLON AND RECTUM	Lumbar and sacral nerves.
ANUS	12th dorsal, lumbar, 2nd to 4th sacral, inclusive
LEGS	11th dorsal to 3rd lumbar, inclusive.
SKIN OF BODY	1st dorsal to 4th lumbar, inclusive.

Table of Referred Pains.

NAME OF PART.	NAME OF CENTRES.
HEART	1st to 3rd dorsal, inclusive.
LUNGS	1st to 5th dorsal, inclusive.
STOMACH	6th to 9th dorsal, inclusive.
INTESTINES	9th to 12th dorsal, inclusive.
LIVER AND GALL BLADDER	7th to 10th dorsal, inclusive.
KIDNEY AND URETER	10th to 12th dorsal and 1st lumbar, inclusive.
BLADDER	11th dorsal to 1st lumbar and 2nd to 4th sacral, inclusive.
PROSTATE	10th to 12th dorsal, 1st to 3rd sacral, inclusive.
TESTIS AND EPIDYMISS	10th to 12th dorsal and 1st lumbar, inclusive.
OVARY	10th to 12th dorsal and 1st lumbar, inclusive.
UTERUS	10th to 12th dorsal, 1st lumbar, 2nd to 4th sacral, inclusive.
RECTUM	2nd to 4th sacral, inclusive.

The proper application of mechanical vibration to the centres named in above tables will produce definite results in diseased conditions of the corresponding organs.

(SEE "GENERAL NOTE" below).

GENERAL NOTE.

The fundamental principle of Vibratory Massage is that not by direct stimulation to the affected part only is the maximum benefit derived, but much more by vibrating that part of the spinal column from which the nerve starts that governs and controls the affected part or organ (see diagrams, page 42), and also the different Glands that control the draining and feeding of the actual seat of the trouble. Furthermore, the local treatment indicated above will be greatly aided if the Spine is vibrated with the special spinal attachment, No. 24, as illustration, from top to bottom, every morning and night. This stimulates the entire nervous system, and thus by toning up the general health, makes easier the throwing off the the local trouble. The No. 24 attachment is most suitable and convenient for Spinal Vibration, since the two balls revolve, and since they are so placed as to vibrate both sides of the spinal column at once, and just at the right distance on each side of the column to cover the actual nerve centres.

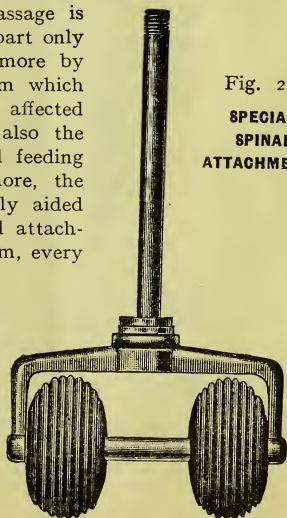
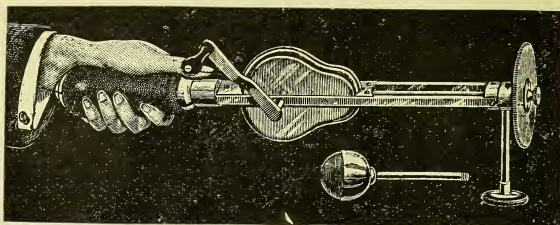


Fig. 24.
SPECIAL
SPINAL
ATTACHMENT.

Price List of the Veedee and Attachments, Cases, etc., for use with same.



The VEEDEE, as above illustrated, with the two most used Attachments, viz :
No. 1 and No. 4 ("Cup-and-Ball").

32/6.

This is the price in Great Britain. It varies in many countries according to duty and other charges.

Use and Price of Veedee Attachments.

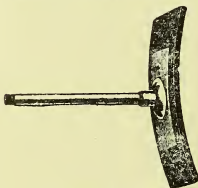
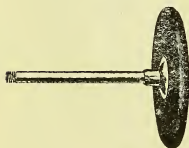
Please order Attachments by Number.

No. 1 Veedee Attachment, for General Vibration of Fleahy Parts. (This Attachment is always supplied with the Veedee, and is included in the price of 32/6).. **3/-**

FOR LARGE AREAS.

FOR CURVED PARTS.

FOR SENSITIVE AND BONY PARTS.



No. 2

No. 3

No. 4

No. 2 Veedee Attachment, for the Vibration of Larger Areas **4/-**

No. 3 Veedee Attachment, for the Vibration of Curved Parts of the Body **4/-**

This Attachment can be supplied with a bent stem, making it very much more convenient to use for certain purposes. The price is the same in either case.

No. 3 Attachment is recommended for treating Double Chin and Goitre, and for this purpose the bent stem is decidedly preferable. See page 35 and 38.

No. 4 Veedee Attachment. Cup fitted with Pneumatic Rubber Ball (diam. 1½ inches), for the Vibration of Sensitive or Painful Parts, over Bony Parts, and for Facial and Hair Massage. (This Attachment is always supplied with the Veedee, and is included in the price of 32/6) **2/6**

Please order Attachments by Number.

USE AND PRICE OF VEEDEE ATTACHMENTS—*continued.*

FOR SCIATICA.



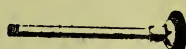
No. 5

FOR SCIATICA.



No. 6

FOR FINGERS AND TOES.



No. 7

No. 5 Veedee Attachment, for Sciatica (for the first week's Vibration of the Sciatic Nerve whilst still sensitive), and also for Groin Glands .. 3/-

No. 6 Veedee Attachment, also for Sciatica (for the Vibration of the Sciatic Nerve, after same has become partly less sensitive through use of No. 5) 3/-

No. 7 Veedee Attachment, for the Massage of the Muscles of the Fingers and Toes 3/-

FOR THE ARMS.



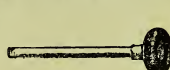
No. 8

FOR FINGER JOINTS, &c.



No. 9

FOR ANKLES & KNUCKLES.



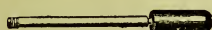
No. 10

No. 8 Veedee Attachment, for the Vibration of the Arms, etc. .. 3/6

No. 9 Veedee Attachment, for the Vibration of the Muscles, etc., of the principal joints of the Fingers and the Middle Hand-bones .. 3/-

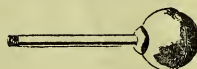
No. 10 Veedee Attachment, for the Vibration of the Ankle-bone and Knuckles 3/-

FOR EYES AND FACE NERVES.



No. 11

FOR EYES AND HEAD.



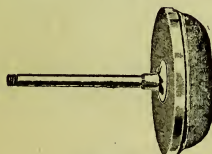
No. 12

No. 11 Veedee Attachment (Indiarubber), for the Vibration of the Nerves of the Eyes, and Face Nerves, and of the Ears 3/-

No. 12 Veedee Attachment, Cup fitted with Pneumatic Rubber Ball (smaller than No. 4), for the Vibration of the Eyes and Head .. 2/6

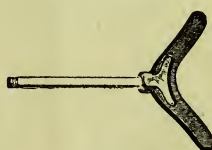
No. 13 Veedee Attachment, fitted with Flattened Pneumatic Rubber Pad, for the Stimulation of the Muscles of the Heart 6/8

FOR THE HEART.



No. 13

FOR THE LARYNX



No. 14

No. 14 Veedee Attachment, for the Vibration of the Larynx and the Nerves and Glands above same 5/-

This Attachment can be supplied with stem bent at right angles, if required, at the same price.

Please order Attachments by Number.

USE AND PRICE OF VEEDEE ATTACHMENTS—*continued.*

FOR NASAL CATARRH.

FOR BODY AND FACE MASSAGE.



No. 16

No. 18

No. 16 Veedee Attachment, for Nasal Catarrh (outside of the nose on both sides simultaneously), with Vibratory Massage of the Nasal Mucous Membrane

5/-

No. 18 Veedee Attachment, with soft Rubber Roller for Massage of the Body and Face (see also Nos. 20 and 25)

4/-

FOR THE HEAD AND FACE.

FOR THE PROSTATE.



No. 20

No. 22

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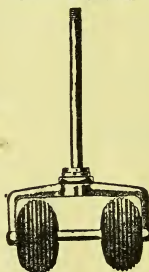
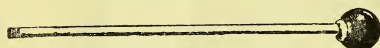
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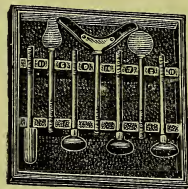
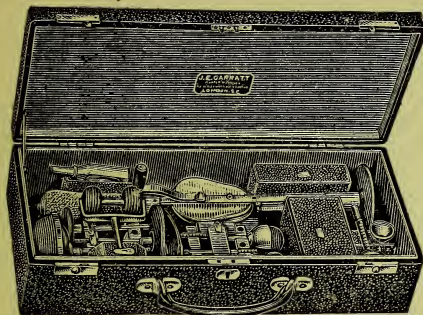
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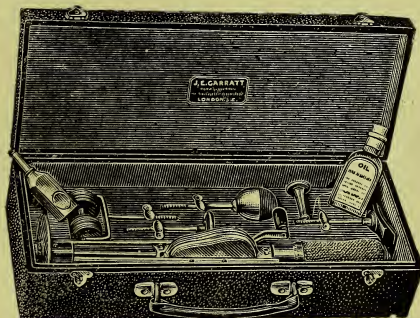
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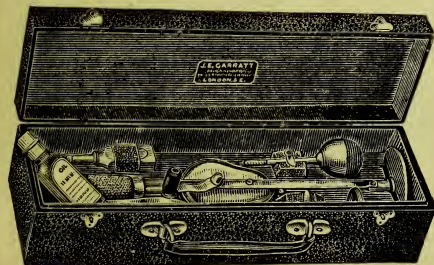
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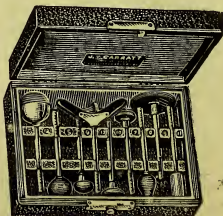


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My brother is suffering from Lumbago. I am sending £3, which amount you will receive through the Post Office. Kindly send my brother, Chas. Kessler, Esq., M.A., 60 Spring Bank, Hull, Yorkshire, a "Travelling Outfit" Vibrator with attachments No. 20 and 24, also Adjusting Cone, and in case I have not sent sufficient money, he will pay the difference. I have written to him to expect one in a day or so after he gets my letter. Your Veedee will become a necessity in every Home and Hospital and among Doctors all the world over, of that I am convinced. The benefits received in so short a space of time are truly wonderful. With kindest regards,

Belleve me,

Very sincerely yours,

(Signed) ROBT. C. KESSLER.

(Captain).

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